



PASSPORT

A Publication of The Friendship Force of Lincoln
www.friendshipforcelincn.org

NUMBER 132

LINCOLN, NEBRASKA

OCTOBER 2013



The Majesty That Is Africa!

Greetings from your President



by Nancy Comer

This will be your last paper copy of the Passport. The Friendship Force Lincoln board agreed to send out the Passport via email. Why? Electronic copies save money that can be committed to other projects, and, the final product, produced by our award winning editor, Jim Ecklund, looks terrific in color!

Those who do not have email, should contact Joanna Rogers, 402-484-8678. (Member Buddy Sizemore has agreed to call members who do not have email for quarterly meetings and special events.)

It seems fitting that this last paper copy of the Passport, is also my last column as President. Over the two years you have allowed me to serve, I find myself even more passionate and committed to the Friendship Force mission to promote global understanding across the barriers that separate people.

Because diversity and inclusion are necessary for the effective pursuit of this mis-

sion, my vision was to maintain support for our signature experience, the home stay where ambassadors live with family in their home, hut, or apartment, but expand FFL activities that broaden awareness and understanding of other cultures, religions and ethnicities within our community. This means you don't have to leave home and travel to a foreign country in order to meet folks from other cultures and ethnicities.

At the outset, we began hosting diversity dinners, and the international service committee began planning social events with members of the Sudanese community. This year the club offered quarterly meetings focusing on international and cultural themes. In February, all were invited to join the Open World Russian ambassadors and Friendship Force International President George Brown for a celebration of World Friendship Day. May found us learning more about Japanese culture when Laurie Ann Scott shared her experiences from the FFI World Conference in Hiroshima. The August annual meeting featured foods from around the world as well as a program highlighting the club's June outbound exchanges to Turkey and Romania. Just recently, September 26, we invited OLLI members to join us at NET for an update on Uganda. Members from the

Lincoln club shared what they had seen and learned about the Ugandan culture and stories of their home hosted experiences. Now there is another opportunity. Read about the Diversity Festival scheduled for November 19 elsewhere in the Passport.

None of this would be possible without the support of the FFL Board chairs, their committees and dedication to planning and carrying out these activities. And, of course, we need you, our members to participate in these opportunities to learn more about our global neighbors. After all, in Friendship Force we are changing the way you see the world.... changing the world, one friendship at a time.

Regional Conference in May

The 2014 Midwest Regional Conference will be held May 1 – 4 in Milwaukee, WI. The conference hosted by the Friendship Force of Milwaukee will be fun as well as educational. Pat Meyer, the Midwest Regional Director, indicated the four-day event will feature several workshops, a food tour, cooking lessons, and meeting with a Polish diversity group. It will be held at Brookfield Suites in Milwaukee. FFL would like to be represented by five or six at the conference, so be thinking about it. (More information later.)

A Magical Moment: Gorilla Trekking

by *Nada Djokic*

After the Discover Uganda exchange, I journeyed on to Bwindi Impenetrable National Park for gorilla trekking. Since I was the only passenger on the bus, Samuel, the driver said we could go slow and take in the sights and sounds. As we moved along, the road got progressively worse. It reminded me of the back-roads in Colorado -- rough, washboard surface with deep ruts and large protruding rocks. The first stop, a seven-hour drive west -- we were taking it slow -- was Queen Elizabeth National Park.

We arrived late afternoon in time for a boat ride up the Kazinga Channel. Water buffalo, elephants, and zebras ventured close to the water to get a drink. Hippos popped their heads above the water line then submerged again. Alligators were sunning themselves on shore in the late afternoon. Beyond the shore were a few sparsely populated fishing villages. An evening drive through the park found a lion looking for his evening meal. A few hundred feet away, a herd of impala, absolutely still, was making a shrill whistling sound. "Sending the alarm," Samuel said. The lion would advance then withdraw; the herd did not move. I cannot tell you whether the lion ate well that evening or not. After 45 minutes of watching the

lion maneuver for advantage, we moved on. I suspect the lion did eat well.

Ten more hours on the washboard road brought us to Bwindi designated a World Heritage site in 1992 because of the gorillas. Buhoma, an agricultural community near the park caters to tourists. Handicrafts, lodging, and employment at the park support villagers.

At a morning orientation, those looking for adventure were divided into groups of eight with a ranger, a police officer, and porters for those who wished assistance. For \$300, porters (six on each side) will carry a person up and down the mountain on a stretcher. My group was assigned the Mubare, the oldest gorilla family in Bwindi. It took 2.5 hours to get to the top of the mountain when trackers called to say the gorillas had been spotted. The ranger wielding a machete cut through the jungle. Suddenly in front of us, a silverback was chomping on the stalks of a tree. Nearby several others were also enjoying a mid-morning snack. There are eight in the family, and they were all there. A magical moment!

Gorillas are vegetarians and consume forty pounds a day. We saw them devour tree stalk after stalk, finishing one and moving on to another. Younger gorillas climbed trees for fresher stalks, fill them-



selves in the tree-tops, and swing back to the ground. Tourists are to remain ten feet away from the gorillas but many times gorillas came within three feet in pursuit of a fresh green stalk. Tourist visits with the gorillas are limited to one hour and this is strictly enforced. Indeed, the gorillas themselves know when it is time to go. Near the hour mark on our visit, the silverback stood up, roared summoning the others, and the family disappeared into the jungle.

It was a marvel to see the friendly relationship among the trackers and gorillas. Trackers know gorillas by name and seem familiar with their moods and behavior. They travel the mountains every day to check on the gorillas whether there are trekkers or not. Recently, the old, dominant silverback died. The trackers carried the animal down the mountain and buried it in the park not too far from the the ranger station. These magnificent creatures share 98 percent of their genetic makeup with humans including it seems a capacity to establish close friendships with their human protectors.

Discover Uganda-2013

by Kay Rockwell, Exchange Director

Betty Mutebi, a 50 year old Ugandan educator received her education in Uganda and London. She works with women who never had the opportunity to attend school and educates young children in rural Uganda, many from HIV families. Many live with extended family members since the death of one, or both of their parents due to AIDS; many live with extended family who lack resources to care for them; many of these children are HIV positive themselves.

It was in this environment that Betty founded Bajja Initiative for Community Empowerment (BICE), an educational facility in rural Uganda near Masaka and about 100 miles southeast of Kampala, Uganda's capital.

So, what does this have to do with the Friendship Force of Lincoln (FFL)? The answer is plenty. This past June seven members of FFL were joined by one member each from Bath, North Carolina, Salt Lake City, Ottawa and Toronto Canada, and New Zealand to promote global understanding across the barriers that separate people. This exchange to Uganda, Africa was led by Kay Rockwell. It had two objectives: (1) to develop partnerships with potential FF clubs in Kampala and Masaka, Uganda, and (2) to contribute to a humanitarian effort at each of these sites.

Betty Mutebi and Kay Rockwell have had a close relationship for five years. They were connected in 2008 via an email which Mary Bryant received from Betty inquiring about Friendship Force. Communication continued over the following years, eventually involving Kathy Thomas, Chief Operating Officer of FFI. With FFI wanting to expand the number of clubs in Africa, they asked Kay to lead a humanitarian exchange to develop two new Ugandan clubs – one at Kampala and the other at Masaka.

The twelve participants in the Ugandan exchange brought a wealth of Friendship Force experience which was shared in an Introduction to FF Orientation workshop. FF goals were fully explored and explained, as well as the “nuts and bolts” about club organization, operation and exchange practices. As a result, the traditional home hosting experience of FF was implemented, new friends bonded with each other, and all learned to appreciate each other's culture to some degree.

The FF ambassador's experiences are a vivid example of the values gained from FF's humanitarian exchanges. Philip Craig from the FF of Colonial Carolina said, “I enjoyed one of the most enriching travel experiences ever....When I signed on, my anticipations register was pretty high, but the reality of the trip was a pure 10, i.e., it exceeded all expectations by a wide margin....Uganda was a life changing experience.”

Although BICE is a fledgling organization that has struggled financially since its founding in 2008, it has developed a remarkable number of programs, largely due to the vision and leadership of Betty Mutebi. The BICE program focuses on nursery and primary school age children. It cares for the orphaned, needy and destitute children by providing functional education, a powerful weapon used to change the lives of the children and end the cycle of poverty. Closely associated with this program is the BICE Teachers Training College that provides training for pre-primary and primary teachers. A newly implemented vocational program provides training for adults in areas such as craft making, sewing, carpentry, brick making and laying, knitting and computer education.

This is the environment which our ambassadors visited. As we arrived at BICE, we were greeted



Discover Uganda continued

by about fifty children standing in orderly lines, singing and dancing a special welcome, including their national anthem. We toured the various school rooms and the facilities of BICE. A traditional Ugandan “Holiday” meal was prepared by the women. It included bananas, rice, kale (all cooked in banana leaves), navy beans cooked in a sauce, and chicken in a broth. Watermelon and other fruit were served as dessert. The following day we were saddened to learn that the daughter of one of the women who cooked our welcome luncheon died that morning in childbirth. Her baby lived for only a few hours and also died. This event brought home to our group the realities faced by residents in developing countries such as Uganda.



Needs beyond just providing a subsistence existence are so great. Our humanitarian effort was much like trying to fill a swimming pool with a single cup. But, there were specific projects we supported that will help the parents, children and teachers affiliated with BICE. The FF Ambassadors provided money to replace damaged piping needed to collect the rainwater which is stored in a special cistern for use during the dry periods. Special fencing was financed

by the North Carolina FF for the pregnant cow which BICE owns; she provides milk for the most needy children. Financial contributions were made for school uniforms and fees for the children. One of the most satisfying moments of our BICE visit was laying of the cornerstone for a boarding home for HIV positive orphans living at BICE. Our ED, Kay Rockwell, laid several bricks with mortar to serve as the cornerstone for this new home. The financial support provided by the FF of Lincoln is paying for building supplies and skilled labor for construction work for this home. Community volunteers make the bricks, supply non-skilled labor, etc.



Our final farewell with the Masaka club was a special reception/party funded by FFI and held at the Hotel Brovad in Masaka which is owned by one of the members of the Masaka club. A highlight of the party was songs and dances by the BICE children. Our twelve ambassadors spent a total of eleven days with people interested in FF in Kampala and



Masaka. They welcomed us into their homes with warm hospitality and friendship. We left them with a better understanding of the goals of Friendship Force and they are enthused about hosting Ambassadors from Australia in June of 2014.

Plans are now being made to repeat the exchange in Kenya in 2014.

Likely sites we will visit are Nakuru in the Rift Valley and Kitui southeast of Nairobi. An optional safari will also be available for those who are interested in seeing one of Africa’s greatest treasures: wild animals in their natural surroundings.

Discover Uganda continued



Up-Date – September, 2013

Construction continues on the Home for HIV+ Orphans (see photo to the right). The orphaned children at BICE; their teachers, social workers and care-givers; those of us who made the trip to Masaka; and especially Betty Mutebi and the Board of Directors express their gratitude to everyone who contributed time and effort to help a dream come true. We plan to continue to help BICE as they finish the building and equip it for the children. It has been a wonderful project! THANKS!!!!

Join us at FFL's Diversity Festival & Meet The Russians

Tuesday, November 19, 2013 from 5 - 8 PM at First Lutheran Church, 1551 South 70th Street, Lincoln. Meet and mingle with our six Russian Open World delegates and our special guests from Lincoln's local ethnic communities.

- Enjoy the performances of the Asian Lion Dance troupe, Sangre Azteca Mexican dancers, the UNL International folk dancers—and maybe even our Russian guests.
- Feast on foods from around the world. See, taste, learn--and ENJOY!
- Browse special gifts available from Ten Thousand Villages.

Please bring an ample potluck food dish to share--American or ethnic--for our "melting pot" buffet. (Label it clearly by ethnic source; for example, "Hot dogs--American" or "Sauerkraut--German."). Beverages and tableware will be provided. There is no charge.

You might also bring a guest(s) from another culture OR any one interested in other cultures. Spend an evening meeting and making friends with people from around Lincoln.

The Open World delegates will be in Lincoln from November 16th thru the 24th. The focus of the program will be entrepreneurship. While the delegates are in Lincoln, they will participate in an entrepreneur workshop, shadow entrepreneurs similar to the business/organization they are in and spend one day with state and local government officials.

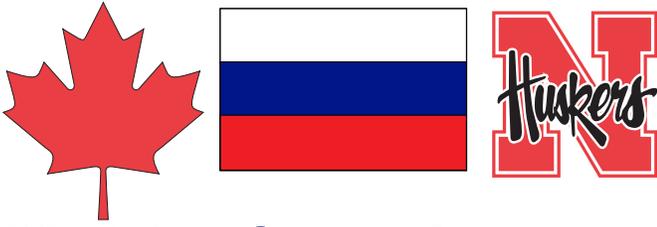
Celebrate! Diversity Festival - Tuesday, November 19, 5 – 8 PM First Lutheran Church, 551 South 70th Street, Lincoln

Please send your reservation and check to Jeanne Zwiebel, 1025 Lamplighter Lane, Lincoln NE 68510 by November 6. Questions to Jeanne 489-1247 or jz82924@windstream.net.

Name(s) _____ Email _____
Phone Number _____ Total _____

My potluck dish is: _____

Lincoln Friendship Force Welcome/Farewell Tailgate Party



What does it mean?

Red is the color of the Canadian Maple leaf. Red is the color of the Russian flag Big Red is also Husker Football Put it all together, and what do you get?

Tailgate Party!!!

November 16, 2013, at 6 PM, it's Friendship Force game on! (If UN-L plays an evening game, we will have the TV on; if it is an afternoon game, we may start later in the afternoon. Aren't TBAs fun to plan around?) The party is at Highlands Golf Course Clubhouse, 5501 NW 12th Street.

We will be celebrating the friendships we have made with the Sherbrooke, Canada ambassadors, welcoming the Open World Russian ambassadors, celebrating a Husker win, and enjoying the music of the Big Red Rejects.

You are familiar with FF exchanges, and Open World, but many of you may not know the Big Red Rejects. The band is composed of three delightful 12-year-old boys who play on street corners or wherever invited to earn money for new instruments. They were written up in the Lincoln Journal Star and have enjoyed notoriety ever since.

Dinner will be traditional tailgate food. We'll have BBQ beef, potatoes, green beans, and cookies with coffee or iced tea for \$12.50, which includes tax, tip, and room fee. There'll be a cash bar for beer, wine or mixed drinks. Reservations NO LATER than November 6.

Tailgate Party Saturday, November 16 - Highlands Golf Course Clubhouse 5501 NW 12th Street

Please send your reservation and check to Jeanne Zwiebel, 1025 Lamplighter Lane, Lincoln NE 68510 by November 6. Questions to Jeanne 489-1247 or jz82924@windstream.net.

Name(s) _____ Email _____

Guest's Name _____ Total _____

I, We will attend: _____ the Tailgate at Highlands (\$12.50 each)

Holiday Get-Together

Plan to join us on Sunday evening, December 8th at Hi Mark Country Club. Catch up with long-time friends and meet some new ones. More information to be sent via email in November.

Membership News

by Mary Bryant

We close the 2013 Friendship year with 200 members! Thanks to each of you who have referred friends and people you meet on your travels. Janice and Gene Schwenke are the ones who brought our total to the 200 mark. Our end-of-year figures stand at 96 Individual Memberships and 52 Family Memberships.

Thanks to Kathryn Neyens who is recruiting for the 2014 New Zealand Exchange, the following new members have been recorded for 2014: Jean Ford, Margaret Foster, Pauline Ostowski, Marcia Prasch, Sylvia Olson, Patricia Holle Novak and Lou Mittan. We now have two Patricia Ann Novak's; one has the maiden name of "Holle" and the other "Murphy." We would like to welcome additional new members for 2014: Nancy Bradley, Sheila Biggs, Ruth McDonald, and Steve Foral. Thanks to the following members who referred the new members: Amy Birky, Patty Henry, Sara Friedman, and top recruiter, Kathryn Neyens.

We remind current members that 2014 membership renewals are requested between now and December 15. Cost of membership remains the same at \$30 per Individual and \$40 per Family Membership. Check, made payable to "Friendship Force of Lincoln" along with the Membership Form found elsewhere in this newsletter, should be mailed to:

Friendship Force, PO Box 30334, Lincoln NE 68503. Each of our members is important to our organization!



Sherbrooke, Quebec Coming in November

Ten Canadians from Sherbrooke, Quebec will be arriving on Thursday, November 14th for an exchange. Sherbrooke is a French-speaking community approximately 60 miles from the U.S.-Canadian border. Most of the ambassadors speak English and have visited the United States before. FFL visited Sherbrooke in 2006.

Because of a conflict with the Open World delegates who

will be arriving two days later, the Canadian ambassadors will only be in Lincoln for three nights. From Lincoln they will continue to Wichita for a shortened visit, then on to the International Friendship Force Conference in New Orleans.

A week's worth of activities will be packed into two days, Along with visits to the State Capitol and Nebraska Museum Friday afternoon, a special tour is scheduled for the new Pinnacle Arena Friday morning, with time left to visit shops and sites in the Haymarket.

Because of a Saturday football game, the group will visit the International Quilt Museum in the morning and

travel to Ashland for lunch and a tour of the SAC Air & Space Museum that afternoon. Lincoln Friendship Force members are welcome to join in any of the activities.

Members are also invited to join the Canadians and Open World delegates from Russian in a combined welcome/farewell Big Red Tailgate Party at the Highlands Golf Course Saturday evening, November 16th. More information and reservation form for the farewell/welcome are elsewhere in Passport.

For more information, contact Barb Ridder, 402-435-0270, or Pat King, 402-489-3695.

2014 Dues Notice - The Friendship Force of Lincoln

Dues for the 2014 calendar year are \$30 for an Individual Membership and \$40 for a Family Membership. Dues are for the calendar year from January 1st through December 31st and are not prorated. Prompt payment of dues ensures that you will continue to receive mailings from The Friendship Force of Lincoln. If you are a prospective member, we hope that you decide to join FFL at this time. Note: New members who join now will be credited as paid thru 12/31/14.

Mail to: Friendship Force, PO Box 30334, Lincoln, NE 68503. Make check payable to: "The Friendship Force of Lincoln." Please mail no later than December 1, 2013.

Date _____ New _____ Renewal _____ Name Badge \$9.00/\$11.00 _____
Name(s) _____
Name Badge Name(s) *Please Print* _____
Street Address _____
City _____ State _____ Zip _____
Home Phone Number _____
E-mail _____

CATEGORY: Individual-\$30 Family-\$40 NOTE: New members each receive a complimentary name badge; Replacement Name Badge \$9.00 each for a pin-on type \$11.00 for magnetic style

Total Amount Enclosed: _____



Need Some Help With LEO and Events Committee

Looking forward to next year, we need someone to take the lead with LEO (Let's Eat Out). The principal task is taking reservations and lining up restaurants to accommodate the numbers. On occasion, there may be a need to secure a restaurant with audio-video capability for showing photos of recent past exchanges. FFL also needs someone to serve on the events committee. Serving on a committee is a way to become more active in the club and get better acquainted with members. If you are able to help, please let Larry Kluck know as soon as possible LarryKluck@hotmail.com 402 483-6508.

Upcoming Inbound

The FFL will be hosting clubs from Charlotte, North Carolina and Los Angeles, California from May 28th to June 3rd, 2014. Jolene Schauer and Joanna Rogers, co-exchange directors, are looking to provide a unique experience for the visitors in addition to small intimate dinners and ambassador-host interactions. Please save these dates and plan to participate in this "Uniquely Nebraska" exchange. Any suggestions and all the cooperation you can give as a home-host or committee member are welcome. To help call: Jolene (402) 326-1059; or Joanna (402) 484-8678.

Quiz

Bridging the Cultural Gap

Visiting other cultures and being home hosted results in Friendship Force members knowing a great deal about other cultures. How much do you know? See how well you bridge the gap and answer these questions.

1. What is the red dot worn on the foreheads of married women from India called? a. Yeti b. Bindi c. Vitala d. Sutala
2. What is the one universal action, the one signal, the one form of communication that is used by every culture in every country?
a. Smile b. Handshake c. Wave d. Bow
3. What sport, which originated in England in 1863, can be further traced back to China, ranks as the most popular sport on a worldwide basis?
a. Cricket b. Fencing c. Soccer d. Baseball
4. What board game known as draughts in Great Britain, traces back to 1600 B.C. in ancient Egypt?
a. Checkers b. Backgammon c. Chess d. Parcheesi
5. What stringed instrument originated in Africa and was brought to America in the 17th century by Black slaves?
a. Guitar b. Harp c. Violin d. Banjo
6. What current holiday was a custom brought to America from Great Britain and Germany?
a. Valentine's Day b. Groundhog Day c. Grandparent's Day d. Halloween
7. Chocolate is a tasty treat made from the cacao bean, which was brought to Europe by the Spaniards. From whom did the Spaniards learn some of its uses?
a. Native Americans b. Inca c. Mayans d. Aztecs
8. What are two beverages Mormons do not drink?
a. Coffee & Apple Cider b. Soda & Alcohol c. Coffee & Alcohol d. Milk & Postun
9. Laws forbidding the sale of sodas on Sunday prompted William Garwood to invent this treat in Evanston, Illinois, in 1875?
a. Ice cream sundae b. Popsicle c. Kool Aid d. Milkshake
10. What does the Muslim greeting "salaam alaykum" mean?
a. "Good morning" b. "Peace be with you" c. "Good night" d. "Blessings to you"

Answers to Quiz: 1b, 2a, 3c, 4a, 5d, 6b, 7d, 8c, 9a, 10b



The Friendship Force of Lincoln
PO Box 30334
Lincoln, Nebraska 68503

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage Paid
Permit No. 642
Lincoln, NE