



PASSPORT

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Join us for the Annual Meeting on August 9

Don't miss the Friendship Force of Lincoln's annual meeting and potluck dinner on Sunday, August 9th at St. Mark's United Methodist Church at 8550 Pioneers Boulevard. The social hour will start at 5:30, the dinner will begin at 6:15 and the meeting will follow at 7:00.

Greetings from the President



by Larry Kluck

We had a wonderful group who came for the Taming America's Great Plains exchange in May. Thank you to Linda Kistler, her committee and the many members who helped Linda to make this exchange a success.

We now look forward for our visitors from New Zealand. Diane Conley and her committee have worked hard to put together a wonderful program for them. We will take the group to Beatrice to Homestead National Monument one day and also visit a church pew manufacturer in Beatrice. There are plans to take the group to see the Holy Family Shrine glass church in Gretna. If you are not hosting, but would be willing to drive to one of the two places, please let Diane know. It is always good to have ad-

ditional drivers if the need should arise. Please sign up and contact Diane if you can help with any of the activities. We have homes for the guests, but we can always use help if you can day host, help serve a meal or drive to an event.

Mark your calendars and plan to attend our annual meeting on August 9. Learn about our 2016 exchanges. We will be electing new officers for 2016. Additional details are in the newsletter.

Be Sure to Welcome These New Members!



by Mary Bryant

Please welcome two new FFL members: Phyllis Arth and Eloise Hiatt. They met through a support group after both losing their husbands. They are going on the FFI "Discover France" exchange this September with Laurie Ann Scott and so far have attended the June Breakfast and Conversation, Game Night, and the June All-

Member Meeting. Phyllis will be hosting two women for the August FF of Napier, New Zealand Exchange and Eloise will be a small group dinner host for the same exchange. Both women certainly have become involved in our organization and that's a great thing we like see with new members.

Our current paid membership for 2015 stands at 207 with 49 family and 109 individual memberships. We would appreciate it if

you would refer prospective members to Gayle Bayer, Amy Birky, or myself. We would like to continue to grow our membership and for that we need YOU to put us in touch with friends and others you meet who express an interest in Friendship Force.

We'd appreciate it if you would pay your 2016 dues between October 1 and December 1, 2015. Dues paid prior to October 1 result in some individuals paying their dues more than once.

**CHANGING THE WAY YOU
SEE THE WORLD**

2015 Annual Meeting

by Betty Starr & Jan Sibal



Date: Sunday, August 9, 2015

Time: Social Hour 5:30pm

Pot Luck Dinner 6:15pm

Annual Meeting 7:00pm

Agenda: Will be provided

**Place: St. Mark's United Methodist Church,
8550 Pioneers Blvd.**

**Contact: Jeanne Zwiebel (402) 489-1247 for
information and reservations.**

Please respond by Aug. 1 to Jeanne Zwiebel, at 402-489-1247, indicating how many are coming and what you will bring for our dinner. The Social Committee will provide Chicken Tenders from Raising Cane's and Cheesy Potato Casserole.

Members should bring additional items based on the first letter of your last name:

- A-F bring appetizers
- G-L bring a vegetable dish
- M-R bring salad (coleslaw, green jello, etc.) or fruit
- S-Z bring dessert

Please make serving sizes of 8-10

The election of 2016 officers will take place during the annual meeting. A nominating committee selected the following slate of candidates for leadership positions. All have affirmed that they will fulfill these positions:

Slate of Officers for 2016

President - Joanna Rogers

Vice President - Barb Ridder

Secretary- Arlene Rae

Treasurer - De Tonack

Thank you for your willingness to make a contribution of service to the The Friendship Force of Lincoln.

The Nominating Committee appointed by President, Larry Kluck, consisted of Betty Starr (Chairman), Pat King, Richard Spencer, Marilue Becker & Milt Bayer.

My Cuba Experience



by Wendy Horacek

Friendship Force, in partnership with Road Scholars, provided a trip to Cuba in March 2015. Soon after the announcement of softening relations with Cuba, I saw the posting for the trip to Cuba. It was short notice, but I signed up immediately. I wanted to see the country before the anticipated changes in the economy, etc. I met the other travelers and the guide from Road Scholar in Miami. Lee and Kay Rockwell joined the group too. While waiting for our flight in Miami, we saw the effect of the embargo. Other travelers to Cuba were bringing large screen televisions and other huge bundles of goods. There is a limit on the amount that can be brought into the country.

We immediately saw deteriorating buildings and old vehicles on our drive into Havana. We stayed four nights at the historic Hotel Nacional. Before the Americans left in 1959,

Frank Sinatra, Nat King Cole, other celebrities, and mobsters partied at the Nacional. Many visitors enjoyed sitting on the benches on the expansive yard overlooking the Gulf. At times, the patio was filled with smokers lighting up their Cuban cigars.

Each morning we had local experts share their knowledge on the restoration of Old Havana, history of U.S.-Cuban relations, and the role of religion in Cuba. We also saw local sights such as Revolution Square, the Colon Cemetery, Ernest Hemingway Farm and his fishing boat, Pilar. There are 2.5 million Cubans buried in the Colon



Cemetery. The cemetery is filled with mausoleums, crucified Christs, Grecian temples, etc. The cemetery looked like a sheet of marble. There was no grass. The State pays for the funerals.

Various musicians and dance groups performed for us while in Havana. We also had the opportunity to visit with the people as a feature of our "People to People Connection". The food was excellent. We ate at many fine restaurants that are privately owned. They are limited to 25 tables, but many appeared to be larger. The Cubans raved about their organic food. We didn't think fertilizers and chemicals are available so the food is "naturally" organic. There are only 200 designated types of businesses that Cubans are able to own; currently, almost everything is owned by the government. They are very proud of their health system. There are 18 medical schools, and 70,000 doctors. Clinics with a doctor, dentist, and social worker are in each neighborhood and serve about 185 people. We saw a transplant hospital and cardiac hospital in Havana. Embargos do limit their access to drugs and other medical supplies. Our fifth day in Cuba, we traveled south by bus on

Cuba continued



a two lane highway. Horse drawn wagons and bicycles often slowed us down. We stopped at the Bay of Pigs for lunch and walked on the beach. Some even went for a swim. A visit to a museum told the Cuban perspective of the invasion. At Cienfuegos the group divided into small groups and stayed at local bed and breakfasts. The accommodations were very nice. We continued visiting local artists and historical sites.

We found the Cuban people very friendly and resourceful. They still have ration cards for food and basic provisions, but swap and use the black market to meet their other needs. Cuba is opening up to more travel opportunities, but I would advise you to travel with an organized group such as Road Scholars or Friendship Force.

Our guides told us tourism is increasing and all hotels, buses, restaurants, etc. are booked for the next two years.

Friendship Force members who are interested in visiting Cuba may wish to participate in a tour that Lee Rockwell has developed for the Lincoln OLLI group in cooperation with Road Scholar. The dates are February 1-15. If interested, contact Lee at lrockwell@windstream.net



By Julie Albrecht & Pat King

**Guadeloupe
Outgoing Exchange**

Guadeloupe (pronounced: gwad-elup) is a Caribbean Island country and an overseas region of France. It is also called the butterfly island because of its shape. Basse-Terre is the capital and French is the official language; although the entire population also speaks Antillean Creole. Our exchange is scheduled for March 2016. At this time the Guadeloupe FF has not determined the dates for the exchange. To get to Guadeloupe, we need to fly to Puerto Rico, so in addition, we will be scheduling a post trip to Puerto Rico as well.

If you are interested, please contact Pat King and/or Julie Albrecht (Co-EDs)

Meet Newer Members of The Friendship Force of Lincoln

by Lois Poppe

Linda Paul learned about Friendship Force “over the bridge table”. Linda first came to Lincoln as a college student in 1960 where she met her husband. Her husband became a burn and trauma surgeon. She and her husband had two children. Her daughter is an attorney in Omaha. Her son passed away in 2011. Linda became a widow in 2012. She enjoys her two grandsons - especially watching them participate in sports. One is currently in college, the other in high school.

Linda volunteered with the Lancaster County Medical Alliance as well as at the state and national levels of the alliance. She worked in retail for 6-7 years. Linda enjoys OLLI classes, and a Tai Chi class. Fishing, gardening, and reading occupy her leisure time.

Linda plans to participate in Friendship Force through international travel as well as domestic exchanges. She looks forward to a niece’s wedding this fall in Australia with perhaps a side trip to New Zealand. Linda plans to be part of the Germany exchange later this year - her first to Germany and with Friendship Force. Linda

would love to participate in an African Safari. She feels Friendship Force exchanges work well as a single traveler. Welcome Linda to Friendship Force!

How did Marj Willeke learn about Friendship Force? A friend of her husband invited them to one of the Friendship Force breakfasts. At the breakfast, Marj learned that she already knew three or four Friendship Force members who are Lincoln Public Schools retirees. Marj first came to Lincoln to attend graduate school in the 1960’s. Even though, Marj worked in Lincoln, she and her husband lived near Lincoln for 35 years. She mostly was employed by the Lincoln Public Schools as a teacher, counselor, and psychologist.

Marj and her husband have one son who lives in Lincoln with his wife and three children. She enjoys being physically active, participating in Tai Chi, for example. Marge’s community service includes eight years volunteering with persons challenged by mental illness. Her recent interest revolves around climate change issues. Besides attending Friendship Force breakfasts, Marj participated in LEO. She plans to be a Day Host for an upcoming exchange. Re-

cently returning from visiting Scandinavian countries, Marj says her motto “The World is My Classroom” summarizes her view of world travel. It sounds like Marj and Friendship Force are a “great fit”.

Monica and Patrick Pribil, life-long Nebraskans, have known about Friendship Force for many years. With their love of travel, they decided to join Friendship Force. In addition to travel, they spend time gardening, biking and walking. Patrick enjoys home-brewing beers as well as wine. They both love spending time with family and friends.

Their son attends law school at Ohio State. Their daughter is a senior in Food Science at the University of Nebraska. The Pribils were involved in Boy Scouts and Girl Scouts with their children. Patrick, employed at the University of Nebraska, works as an instrument maker for the chemistry and physics departments. Monica works for the Nebraska Health and Human Services program in Public Relations. She also serves on the Election Board.

Both Monica and Patrick are eager to learn more about Friendship Force. They have attended the monthly breakfast

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May 9, Breakfast & Conversation

The question for the FFL May breakfast conversations was “If you could sit and talk with anyone, past or present, for one hour, who would it be?”

Most responses were relatives such as spouses, parents or grandparents. Milt Bayer and Brice Braziel both had old letters that made them curious about a grandparent. Milt wanted to get a grandmother’s side of the story of her struggle with her husband. Brice wanted to visit with a grandfather to get his side of the story to having two separate families, the first being a secret from the second. Linda Ashelford would like to visit with her father, who she never met, and her mother-in-law, a very interesting lady. Amy Birky, who would always like to know more, would like to talk again with her father who was an historian

and economist. Larry Kluck would like talk to a maternal grandfather, who travelled from another country, to find out more of that story. Mary Lou Becker and Barb Wittstruck would like another chance to talk to their deceased husbands.

Betty Starr, John Comer, and Nancy Comer all would like to talk more with their parents. It seems that long ago, when we had the chance to ask our parents questions, either we were not curious or they were not open to sharing.

A few famous individuals made the list. Barb Wittstruck, Gayle Bayer and Nancy Comer would like a chance to talk one-on-one with Jesus. Marilyn Newsstrom would like to talk to a few Biblical characters. “How did Jonah get out of that whale?” Linda Ashelford would like to meet Eleanor Roosevelt and De Tonack would like to talk to Harry Truman about the ending of World War II.

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group and also incoming exchange dinners. They plan to host a small group dinner. Patrick and Monica would love to travel to Australia and New Zealand. Other destinations of interest include Ireland, Nova Scotia, Panama Canal, as well as Pacific Northwest and New England areas of the United States. Monica stated that they have found Friendship Force members very welcoming. They appreciate the friendliness shown to them as new members.



2015 Remaining Exchanges

August 15-21, 2015

Incoming from Napier, New Zealand - Exchange Director: Diane Conley, dconworks4@gmail.com

September 14-27, 2015

Outgoing to Seattle & Columbia Cascade (Oregon)
Exchange Director: Barb Ridder, bridder@neb.rr.com

October 1-18, 2015

Outgoing to Bavaria-Nuernberg Erlengen, Germany
Exchange Directors: Marilyn Armagost marmagost@earthlink.net and Erna Rethmeier, erethme@yahoo.com

Exchange Directors Needed!

We need two exchange directors for these exchanges in 2016. May incoming from Brazil; August/September incoming domestic from Huntsville, Alabama and Seattle, Washington combined. Both are incoming, and as such, require planning, but responsibilities are shared with committee people recruited by the exchange director.

Exchange Director's Application:

Name _____ Club Member Since _____

Address _____

Phone Number _____ cell _____

To assist the FFL Board of Directors in assessing your commitment and qualifications to be an exchange director, please answer the following questions on a separate piece of paper.

1. What general club membership activities have you participated in during the last two years?
2. List your exchange experience. (Give country of exchange and any committee in which you participated for that exchange. List both Friendship Force trips taken as well as hosting experiences.) Indicate with a (c) any committees for which you were chairperson.
3. List your Club experience: committees on which you have served and offices held or other positions on the board including the year(s) involved.
4. Is there a time of the year when you could not lead an exchange or hosting?
5. Give a brief resume of profession, hobbies, and other volunteer work you do.
6. Are you willing to lead either an Outgoing Exchange, an Incoming Hosting for either an International or Domestic Exchange?
7. Why do you want to lead an exchange?
8. How would you go about recruiting club members and members of your committee to participate as Ambassadors or Hosts for an exchange?
9. What experience have you had recruiting and working with volunteer workers?
10. What ideas do you have regarding leading workshops prior to the exchange to instruct Hosts/Ambassadors regarding the exchange requirements and ideals of The Friendshipship Force.
11. What are your qualifications to lead an exchange?

Welcome the Friendship Force of Napier, New Zealand

by Diane Conley

You are invited to help WELCOME and PARTICIPATE in the In-Coming Exchange from The Friendship Force of Napier, New Zealand.

Saturday, August 15 – 3:30pm

Our guests will arrive by bus. Host families should greet them in First Lutheran Church's parking lot (1551 S 70th St just south of 70 & A Streets). There are no scheduled events for Saturday.

Sunday, August 16; 1-4pm

Everyone is welcome to bring a lawn chair and meet at the Indian Center at 1100 Military Road to watch part of the annual Powwow.

5:00pm - Welcome Pool Party

We will gather at Pat Henry's 1460 Buckingham Drive for a Pot Luck Pool Party. Bring your swimsuit and some food. A-F bring FRUIT or VEGETABLES (in salad or on tray), G-Q bring CASSEROLE or PIZZA, and R-Z bring dessert. Extra parking is available at Bethel Baptist Church (1401 S 77th Street; 1 block east of Regency; follow sidewalk to Pat's fence & gate will be unlocked).

Monday, August 17 – 8:45 - 9:00am

Meet in SAM's North parking lot (27th St just past Cornhusker Hwy). You will receive a map from Diane plus her cell phone number. Carpooling to Holy Family Shrine Glass Church 23132 Pflug Rd, Gretna exit 432 off Highway 80 onto Church Road. Next is SAC Museum for a 10:45am guided tour. After the tour we are going to Ashland to Cheri O's (1404 Silver St) where we will lunch on a wrap, chips, and drink. Cheri O's has old fashion handmade soda drinks in 51 flavors. We will stroll to the art gallery and take in a little bit of small town USA. Time permitting; we'll stop in Greenwood at Baker's Chocolates (831 S Baker St off of US Hwy 6).

6:00pm

Small group dinners.

Tuesday, August 18 – 9:45am

Meet in the State Capitol Rotunda on the second floor for guided 10:00am tour.

11:45am

Lunch at the Governor's Residence (roast chicken salad with dried cranberries and walnuts on a croissant, a cup of soup of the day, garnishes and dinner salad, with choice of ice tea or coffee). We will then go to the Haymarket with time to stop at "Ivanna Cone" or the International Licorice Store.

6:00pm

Small group dinners.

Incoming Napier, New Zealand continued

Wednesday, August 19 – 9:00am

Meet at The Grand Lodge at The Preserve, 4400 S 80th St where we will meet Larry Kluck who will lead us to his uncle, Bob Raymond's natural conservation land (directions will be given out when the group gathers at The Grand Lodge). From there we will go to Beatrice.

11:30am

Lunch at Yesterday's Lady (113 N 5th St) with "style" show of turn of a couple centuries ago lingerie. Seating is limited to 35. If you do not want to go to Yesterday's Lady, you can lunch at The Black Crow (405 Court St.). After lunch we will tour Homestead National Monument (8523 NE – 4, Beatrice). Following Homestead an optional visit, with no tour, to Ratigan-Schottler Church Pew Manufacturing (201 South 2nd St in Beatrice.)

Evening

Ambassadors take their hosts to dinner.

Thursday, August 20 - 10:00am

Meet at the International Quilt Museum (1523 N 33rd St) where Carolyn Kitterer will be our guide. At the same time, there will be an optional tour of the Lester F. Larsen Tractor Test & Power Museum. Lunch on your own.

2:30pm

Greenhouse "benchtop" plant Lab on Innovation Campus (North 21st and Salt Creek Roadway on the old State Fairgrounds.) Diane will have a map for this destination to see the newest technology in tracking plant development to create healthier food. We might even find time to stop at the East Campus Dairy Store. Morrill Hall is optional.

Evening – 6:30pm

Farewell dinner at Hillcrest Country Club (9401 East O Street.)

Friday, August 21, noon

We will say farewell at the Lincoln Airport as our guests have a 12:57 flight to Denver.

RESERVATION FORM FOR NEW ZEALAND ACTIVITIES

Reservations should be made by Friday, August 7th. Please make checks payable to Friendship Force Lincoln and mail to Joanna Rogers, 5550 S 80th, Lincoln, NE 68516.

For Patty's Pot Luck Pool Party there is no charge but to ensure a variety of food A-F bring FRUIT or VEGETABLES (in salad or on tray), G-Q bring CASSEROLE or PIZZA, and R-Z bring dessert.

Incoming Napier, New Zealand continued

Ambassador's fees are all paid. Home hosts and others will each sign up and pay fees below to the exchange treasurer Joanna Rogers, 5550 S 80th, Lincoln, NE 68516 by Friday, August 7.

Name(s) _____

Phone number _____ Email _____

Welcome Pool Party - reservations required, but no charge	free _____
Strategic Air Command Tour	\$10 x _____
Lunch at Cheri O's	\$10 x _____
Lunch at the Governor's Residence	\$19 x _____
Lunch at Yesterday's Lady	\$18 x _____
OR Lunch at The Black Crow	\$14 x _____
Quilt Museum	\$7 x _____
Tractor Museum	\$3 x _____

"Benchtop" plant Lab on Innovation Campus – reservations required but no charge _____

Dinner at Hillcrest Country Club \$25 x _____

Select ONE of the following: ____Prime Rib, ____Pork Loin/Gravy, ____Salmon

TOTAL ENCLOSED _____