



PASSPORT

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Greetings from the President



by Larry Kluck

Thank you to the Charlotte and Los Angeles exchange committee, hosts, day hosts, and small group dinner hosts. Your involvement made the exchange a great success. We were able to show them many wonderful things in Nebraska. Many great comments were received on the lunch in the governor's mansion and mansion tour by first lady Sally Gannen. It was also exciting to see the enthu-

siasm of so many who crawled upon the tractors at Nebraska City and wanted their picture taken. It's not an everyday opportunity in LA. It was fun to have the two clubs here at the same time and get to see them bond.

We now have information on all the exchanges proposed for our club in 2015. The board has chosen exchange directors as follows: Outgoing to Taiwan-Carolyn Kitterer with a suggestion of March 2015; Incoming -Taming the Harsh Land -Linda Kistler in early May; Incoming -Napier, New Zealand-Diane Conley with a suggestion of August 2015; Outgoing - Bavaria-Nuernberg Erlengen, Germany-Erna Rethmeier and Marilyn Armagost with a suggestion of October. Brazil declined their

incoming exchange to Lincoln. Please consider traveling and hosting/working on one of the incoming exchanges. Contact the above leaders about becoming involved in an exchange. The dates are preliminary on several and the ED's can keep you current if you let them know of your interest. FFL members who are actively involved are the members who benefit the most from their membership so we are looking forward to your involvement.

Please review the newsletter for information on the annual meeting and make your reservation. We will all enjoy the Outgoing New Zealand exchange ambassadors sharing their pictures and stories with us.



by Kathy Mueller

Last year several members of FFL visited the Day Care Center Beam of Light program in Brasov, Romania while on an exchange to that country. This program serves children that are blind or have limited vision. While on that visit members ob-

Sun of Soul Artistic-Educational

served a painting class where students listen to an instructor guide them in making their own painting. With the help of individual aides each student completes their own picture. These paintings are then displayed and sold to help support their painting classes.

The FFL International Service Committee has chosen this program and specifically the painting project to support this year. We will be conducting a raffle to raise funds to help them purchase their sup-

plies to continue this monthly activity. Members of FFL will be sharing their talents by donating items for prizes. Ticket sales will begin at the annual meeting August 17th and continue until the holiday party in December. Winners' names will be announced at that time.

Watch for more information in coming months and please support this project by purchasing tickets for the raffle. Kathy Mueller at kathy-mueller@windstream.net

FFL Upcoming Events

Annual Meeting August 17

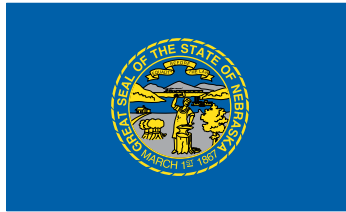
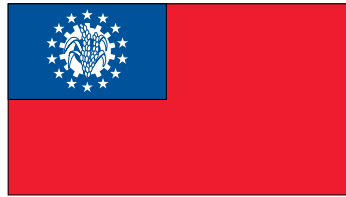
by Carolyn Kitterer

The Annual Meeting of Friendship Force of Lincoln will be held on Sunday, August 17, 5:30 p.m. at St. Mark's Church, 8550 Pioneers Blvd.

Appetizers will precede the dinner with socializing and viewing upcoming exchanges and items to be raffled to raise money for the School for the Blind in Romania. Dinner will be fried chicken and pot luck. The Social Committee is asking that you bring the item indicated by your last name so there is a balance of items. There will be a short business meeting, followed by a slide presentation of the exchange to New Zealand.

Please respond by August 9 to Carolyn Kitterer, at ckitterer@gmail.com or 308-224-5208, indicating how many are coming and what you will bring for our dinner.

- Last Names beginning with: A-D bring a potato, rice or pasta side to go with fried chicken
 - E-H bring a vegetable dish or casserole (baked beans, green beans, corn, etc) or rolls and butter
 - I-N bring salad (coleslaw, green salad, jello, etc.)
 - O-SP bring dessert
 - ST-Z bring appetizers
- Make serving sizes of 8-10.



Meet and Greet our Neighbors

by Kathy Mueller

On Sunday, September 14 there will be another opportunity for FFL members and guests to meet some Lincoln neighbors. Please join us at NET (1800 N 33rd Street) at 7:00 p.m. when members of the Karen community here in Lincoln will be doing a brief presentation about their life in Myanmar and the circumstances that brought them to Lincoln. Several of them will be entertaining us with their traditional music and dance.

The people of the Karen community are very excited to share their story and make friends in Lincoln. Please join us in learning about and welcoming more people to our international community right here in Lincoln. RSVP to Kathy Mueller at kathymueller@windstream.net or 402-525-3357.



Decorate a Holiday Tree!

by Pat King

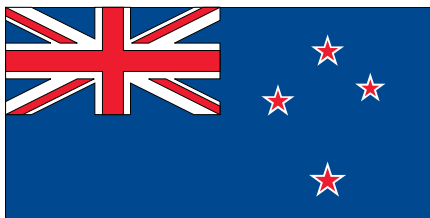
Friendship Force has been asked if we would like to decorate a tree for the Holiday of Trees. The event will be Thursday and Friday, December 4 & 5 with set up on the 3rd. It is at Westminster Presbyterian Church, sponsored by the Heritage League, and will benefit the Christian Heritage Children's Home. If several members have a collection of tree decorations from other lands and would be interested, contact Pat King, pking4@neb.rr.com by August 15.

Upcoming Exchanges

It's NOT too Early – 2015 New Zealand Exchange

*By Diane Conley,
Exchange Director*

Get out your 2015 calendar now, and reserve August for a really fun exchange. Right now the dates are a mystery, but Lincoln will be hosting for a week as part of a three (3) club hosting exchange with Napier, New Zealand. If you have been on an exchange to New Zealand or if you would like to meet people from the east coast of New Zealand, then leave space on your calendar! I will be looking for club members willing to home host, day host, or small dinner host. I will also be recruiting members who would like to be chairperson or work on a committee for welcoming and farewell dinners, and putting together goody bags. If you are willing to help, I'm sure there is a place for you. There will be signup sheets at the Annual Meeting, August 17th, 2014. If August doesn't work for you, there are several opportunities to be a part of FFL in 2015. But remember, I asked first. Diane.Conley@nebraska.gov



Encore Exchange – Taming the Harsh Land - Wagons Ho!

*By Linda Kistler,
Exchange Director*

Last year's successful exchange, which was led by Betty Starr, will be repeated next spring-this time beginning in Oklahoma, then Kansas and ending in Nebraska. Our club will be hosting ambassadors from May 1-4.

I invite you to join this adventure. I am especially looking for new members-this is a wonderful way to participate in the fun of an exchange and to meet members of our own club as well as new friends from around the world. I am fairly new to Friendship Force myself so we can learn together. Sign-up sheets will be available at our meeting in August. Contact me with questions or to volunteer. Linda Kistler ljkistler@hotmail.com

March 2015 – Outgoing to Taipei, Taiwan

Exchange Director: Carolyn Kitterer ckitterer@gmail.com

May 1-4, 2015 – Incoming “Taming the Harsh Land”

joint Exchange with Kansas, Oklahoma and Omaha Exchange Director: Linda Kistler ljkistler@hotmail.com

August 2015 (tentative date) – Incoming from Napier, New Zealand

Exchange Director: Diane Conley Diane.Conley@nebraska.gov

October 2015 – Outgoing to Bavaria-Nuernberg Erlengen, Germany

Exchange Directors: Marilyn Armagost marmagost@earthlink.net and Erna Rethmeier erethme@yahoo.com

March 2015 Exchange to Taipei, Taiwan

*By Carolyn Kitterer,
Exchange Director*

Friendship Force Lincoln and Friendship Force Taipei have agreed to an exchange to take place in March 2015. Details are not yet available other than the date of March 2015. Watch for upcoming information and an interest meeting in the near future. I am excited to be the Exchange Director to Bao-Dao or “Treasure Island” as Taiwan is known. There is much to discover and learn from this part of China's history and culture. Do consider joining me on this exchange and a pre or post trip of the rest of the island. Carolyn Kitterer ckitterer@gmail.com

Membership News

by *Mary Bryant*

Please welcome the following new members: Vickie McDonald and her husband, Larry Harnish; Rae Selman; Jan Anderson; Nina Halama; Connie Stentz; plus returning member, Sylvia Griffin. That brings the official total for the year to 213 members, 117 Individual and 48 Family Memberships. Since the official end of our membership year, we also would like to welcome Lois Pasco, Marj and Jim Willeke, plus Bob Cardwell. Thanks to the following members who are responsible for referring the above individuals to FFL: Marilyn Watson, Kathryn Neyens, Erna Rethmeier, Wendy Horacek, and Gloria Van Ackeren.

Without referrals from our members, our club would become stagnant. Probably 95% of our members are the result of YOU telling us about friends and new acquaintances that have expressed to you an interest in our organization. I always ask how you know the person being referred. It's amazing the variety of responses I receive: water aerobics, church, work, neighbor, Bible study, bridge player, airplane seatmate, luncheons, reconnecting with a long-time friend, waiting at the airport, book club, neighborhood association, grandchild, Women's Welcome Club, American Association of University Women, Retired Teachers' Association, and OLLI. Often these prospective members have been widowed recently

and are looking for some new social outlets. Many potential members are introduced to FFL via the monthly Breakfast and Conversation. They like the friendly interaction they witness and decide they want to become a permanent part of the group. I would appreciate it if you would continue to provide the names, mailing address, phone number, and email of people you think would like to learn more about FFL. We'll make contact by email and postal mail with information about our organization and follow-up will be made via phone by Membership Committee members, Amy and Gayle.

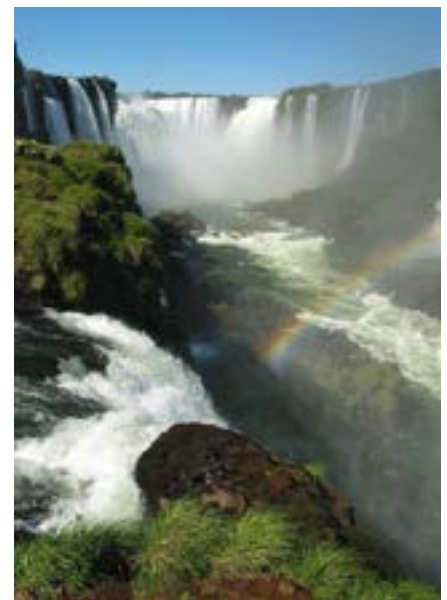
Thanks to each of you who have made The Friendship Force of Lincoln the success it is.

Breakfast and Conversation Discussion

by *De Tonack*

The discussion topic for May was "What place should everyone see in his or her lifetime?" Milt and Gayle Bayer both mentioned the Grand Canyon, but Milt's experience had a different, bit more positive, slant to the hiking up and down than Gayle's. Linda Ashelford has not been there yet, but agreed with the Grand Canyon. Bob Reeves said he and Mary planned to go there next year. De Tonack liked the rural England coun-

tryside for the feeling of the past and the mystical. Hope Partridge said all should see the Statue of Liberty and the Immigration Center for its sense of what the United States is. Buddy Sizemore quickly responded everyone should see heaven and the rest of the group nodded with a "hope so." Nancy Comer had thought about heaven but thought everyone's idea of heaven is so different. Chuck Godwin mentioned Costa del Sol, Spain, overlooking the Mediterranean. Mary Reeves had given a lot of thought to this and



suggested we visit Lincoln, but added seeing a granddaughter running in the door saying “Hi Grandma” was a nice thing to see. Sara Friedman agreed that we should experience our own hometown. She added that there is just about everything available to see in the United States.

Sue Imig loved the London Eye ride. Kathryn Neyens thought every American should see and feel the emotional history of Gettysburg. Larry Kluck said all should see Iguazu Falls on the border between Brazil and Argentina. Larry said that when Eleanor Roosevelt saw the falls she said “Poor Niagara!” Betty Starr said everyone should see the story behind the planting and harvesting of soybeans and corn. New FFL member, Rae Selman, recommended the humbling experience of seeing the Swiss Alps. It reminds her of the existence of a supreme being. Mary Bryant said everyone should visit a library, but she has another experience unlike any other she will ever have. On a Friendship Force visit north of Sydney, Australia, her host rented a small plane and flew low over the beaches, landing on water, and then enjoying a meal in the park of huge prawns purchased at the Sydney Fish Market. Sylvia Griffith wants to experience stars in the southern hemisphere and also shared an experience of seeing the



Moscow Circus that recently celebrated its 120th anniversary. There is a theme told in a story and all children go to the circus. In Russia, the circus is regarded as an art form on par with the ballet or opera, a showcase for highly skilled and creative artists. Nathan Woodruff, guest of Rae Selman, shared his love of Fez, a gated ancient community in Morocco.

The discussion topic for the June breakfast was, “What was your best vacation?” Diane Conley’s list got long, going from Australia to New Zealand to Albania to Brazil. She added that if she was on a vacation, it was good. Many agreed that ALL of their vacations were good, but Linda Ashelford commented she hasn’t taken her best vacation yet! Betty Starr said the anticipation of the next trip was the best trip but added she liked London and the railroad museum in York. Chuck Godwin said any time in England was good.

Ron Vogel, Marilyn Watson, Brian Ridenour and Nancy Comer said vacations with their children left some of the best memories. John Com-

er said his honeymoon with Nancy to Niagara Falls was his best vacation but he added no explanations!!! Brian said that his children were adults at the time of a particular trip and they were all crowded into a small cabin on a boat to Antarctica with the surreal beauty and the fabulous food. Mary Bryant, Brian Ridenour, Milt Bayer, Bryson and Leona Braziel all mentioned Friendship Force trips, often because of the people they met. Brian mentioned his first exchange in 1982 to Germany that was memorable because of the enduring friendships made. Another exchange stood out in his memory to Tajikistan in 1988 because they were treated like royalty. Mary said that her trip to Hungary involved hosts who even gave up their own bed. Milt said Gayle and his host family’s match on a FF trip was what helped to make it great. Bryson mentioned the trip in 1983 to Russia, still a very “red” country at the time, and this was his first time out of Nebraska. Kathryn Neyens added her first trip was her favorite just because it was her first! Leona commented that her and Bryson’s FF trip to Australia enticed them to



return to Australia three more times and they added a stop in Perth.

New member, Connie Stentz, liked hiking through Greyson State Park in Virginia and building a path through the park; it involved people from all over the U.S. working together, just like in Friendship Force. Amy Birky liked the peace of fishing in Canada and De Tonack liked the romantic atmosphere of Ireland. Linda Kistler and Buddy Sizemore both like Hawaii and Buddy added the Costa del Sol of Spain. While teaching in Pakistan, Carolyn Kitterer



joined a group of teachers on a trip to China in 1976. At that time, China was still under a veil of indoctrination. Carolyn added that the food, especially “platex girdle” squid, got old. Gayle Bayer said that Richard Spencer’s FF trip to southern Italy and the FF trip to Turkey were still among her favorites. Gloria Van Ackeren also liked

their recent independent trip to Turkey, in particular Istanbul.

Several prospective members added their comments of favorite trips and these included the Greek Isles, Brazil, and northern France especially walking the beaches of Normandy (this guest was born on June 6, D Day). One guest mentioned the best trip was the one she was on at the time!

A suggestion for another question on another Saturday was, “What was the worst thing that happened to you on a vacation?”

Friendship Force International Facts:

Friendship Force International conducts almost 400 programs every year, in and between 362 clubs/communities in approximately 70 countries.

- #1 mission is to promote understanding across the barriers that separate people
We are on six continents, excluding Antarctica
- There are over 20,000 travelers and hosts who participate every year. This equates to 37,500 new friendships made each year and 100 new friendships made every day
- FFI currently has operations in 63 countries with the newest clubs being in Greece, France, Taiwan, Toronto, Myanmar, India, and Malaysia
- A breakdown of FFI’s clubs: United States – 94 clubs, Europe and Eurasia – 81 clubs, Latin America – 49 clubs, South Pacific – 47 clubs, Asia – 48 clubs, Canada – 22 clubs, Middle East & Africa – 20 clubs, Caribbean – 1 club
- The demographics show that 20% of the clubs are declining in membership, 32% are growing and 48% are stable. 16% of USA/Canadian membership is getting younger. Most of the clubs that are growing and getting younger are Canadian
- In 2014 there are 19 projected new clubs, two of which are in China.
- In 2014 there are fourteen (14) themed exchanges
- FFI received a \$10,000 monthly Google Adwords grant, opening up FFI to 7,654 clicks to our website and it appeared 950,000 times on the Google search for TRAVEL FOR GOOD
- Technology today is a benefit, an enhancement, and a great (FREE!) new tool. Check out: TWITTER: @FriendshipForce, FACEBOOK: Friendship Force International, INSTAGRAM: FriendshipForceInternational, LINKEDIN: Friendship Force International (Group/Company)

Connecting to FFI's "Building Bridges for the Future" Diversity Dinners

By Nancy Comer

Small group dinners have been an important part of Friendship Force Lincoln's domestic and outbound exchanges. Not only do we meet ambassadors from other countries and the USA, but we get to know one another better.

This simple concept of a small group gathering over a meal can help bridge barriers that exist right here in Lincoln, Nebraska with people from different cultures, races, ages and religious beliefs.

We are asking those who are interested in participating in diversity dinner groups to commit to meet together once every quarter for one year. The rotating potluck dinners will be held at members' homes or another designated place. Since everyone will be contributing to the meal, no one person will be doing all the work. After the first gathering, each group can decide when and where they will meet again.

During time together, participants will talk about many things...family, community activities, special interests, and important issues of our time. The result should be enlightening discussion plus new friendships in the community.

In order to organize the groups (mix of participants) please fill out the following application and return to: ncomer@neb.rr.com or amy1940@inebraska.com.

CLICK HERE TO FILL IT OUT ONLINE.

Name: _____

City: _____ State: _____ Zip: _____

Phone: (home) _____ (work) _____

(cell) _____

E-mail Address: _____

Age: _____ Gender: _____

Ethnicity: _____

Married or Partnered? _____

Children: _____

Where were you born and raised? _____

Occupation: _____

Education: _____

Current issues you'd like to discuss, or ones on which you have a strong opinion: _____

Organizations that you belong to: _____

Why do you want to participate in the Diversity Dinners? _____

Date: _____

Meet Newer FFL Members

by Lois Poppe

Le Etta Sprackling first learned about Friendship Force from member Susan Pierce. (Both Le Etta and Susan taught at Lincoln High School.) Le Etta taught science classes - chemistry, genetics, biology - at Lincoln High after moving to Lincoln in 1973.

Le Etta is a lifelong learner. She loves to read, learn new things, and travel to new places. She has already traveled as a Friendship Force ambassador last October on an exchange to England, Scotland, and Wales. She is assisting Kay Rockwell with the upcoming exchange to Kenya in August. Other places on her travel wish list include Japan, Brazil, Central American countries as well as Belgium, Luxembourg, and the Netherlands. Le Etta participates in LEO and hopes to also host Friendship Force ambassadors. She enjoys learning through Olli classes. Le Etta volunteers with English Language Learner classes at Southeast Community College. She is a long-time Team-Mates volunteer.

Le Etta enjoys spending time with her family in Lincoln and Colorado - three sons, three daughter-in-laws and seven grandchildren.

Cathy Lund's parents were Friendship Force Lincoln ambassadors to Seoul, Korea in 1981. Cathy served as an ambassador to Hanover, West Germany in 1982. Following that exchange, family responsibilities and work - Human Resources at NET for 30 years - kept Cathy busy. She rejoined Friendship Force last year and participated in the Uganda, Africa exchange.

Cathy grew up in Lincoln. Currently two of her three adult children live here. Her brother and mom live in Colorado. Cathy loves sports, particularly Nebraska volleyball and football.

Cathy likes getting to know people and learning about the world through Friendship Force. She sees one of Friendship Force advantages - that single people can participate and enjoy its experiences. Cathy looks forward to getting more involved in Friendship Force. She would consider travel to New Zealand, China, Brazil, Greece, Spain and other places.

Penny Lyons learned about Friendship Force from a friend when she moved from Seattle, Washington to Lincoln. She joined Friendship Force because she thought it would be a good way to meet people in Lincoln. Penny has many interests - playing bridge twice a

week and volunteering at Saint Elizabeth's hospital and her church. She may start volunteering with the local Red Cross. Penny enjoys knitting, quilting, sewing and crafts.

Family keeps her busy both in Lincoln (nine in-laws here) and traveling to visit her four children and seven grandchildren in Seattle and San Diego. Penny is open to being a Friendship Force ambassador when it fits into her schedule.

We welcome Le Etta, Cathy and Penny as Friendship Force members. Introduce yourself to them at Friendship Force events.

Dues Increase

Friendship Force International has increased their club affiliation fee for 2015. The Friendship Force of Lincoln 2014 dues reflected a club affiliation fee of \$10 for each Individual and \$17 for each Family Membership. The new FFI club fee will increase to \$15 for each Individual and \$25 for each Family Membership. Hence, the Lincoln club will increase our dues to cover the increase we pay each January to FFI. Friendship Force of Lincoln 2015 dues will be \$35 for Individual and \$48 for Family Memberships. We'd appreciate it if you pay your 2015 dues between October 1 and December 1, 2014.