



PASSPORT

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

NUMBER 119

LINCOLN, NEBRASKA

AUGUST 2010



Welcome our Guests from Tokyo

**Join in the Exchange Activities
Discover the details on page 5**

Greetings from Your President

by Gaylord Becker - President



I am pleased with the growth that our club has accomplished. Thanks to our Membership Co-Chairs, Mary Bryant and Joanna Rogers and to each of you who refer prospective members. We want new and old members to continue their attendance at the breakfast, Leo, and special social events. Please bring prospective members to all activities such as our Welcome/Farewell parties held for each Inbound Exchange, Annual meeting, and reviews of recent Exchanges hosted by Exchange Directors.

At the June Board Meeting, the following individuals were appointed Exchange Directors for our 2011 Exchanges. Thanks to all who submitted applications. Bridget Disney for Outbound to Lethbridge, Alberta, Canada scheduled for July 2011 Karen Kuhn for Inbound Northern Colorado (Ft. Collins) scheduled for September 2011 Unfortunately, The FF

of Wessex, UK declined the Lincoln hosting proposed by FFI for September 2011.

Past President John Comer drafted an article on *Why You Should Attend The Annual Meeting* which was published in the August 2008 Passport. FIRST, FFI is YOUR organization. YOU joined because YOU are committed to a mission. YOU believe in fostering understanding and friendship among people of different countries and cultures as well as people from different parts of the United States. YOUR attendance at the annual meeting is one way to demonstrate your continued commitment to this goal. SECOND, the Annual Meeting is the only activity during the year that brings all of us together as a club. It identifies us as an organization. It sets boundaries around who we are. It provides us with a sense of belonging to something that is very worthwhile. THIRD, the Annual Meeting provides an opportunity to renew friendships with people we haven't seen in a while. You might run into someone that was on one of your first exchanges. FOURTH, the Annual Meeting is a business meeting. There is the election of officers. It shows those elected that they

have your support. You can't really be a part of an organization if you are not involved in charting its future. FIFTH, another reason to join us at the Annual Meeting is to have fun and enjoy all the good eats. Everyone has fun when there is good food, so come and cast your vote and enjoy the fellowship. Mark your calendar for Saturday, August 28th at St Mark's Methodist Church, 84th & Pioneer with Social time 6 to 6:30, dinner 6:30 to 7:30, business meeting 7:30 to 8, program 8 to 9:30. Look for the Annual Meeting registration form elsewhere in this newsletter.

Located on each table will be a list of Domestic and Foreign Exchange destinations for you to mark your preference. Also a survey sheet asking for your input on what should be changed about the club and advise on future activities that will make our club even stronger. Your suggestions will be reviewed at a future board meeting to consider implementing your ideas.

FFI is promoting a Photography Contest that seeks meaningful Images that show our mission at work in 3 categories EXPLORE/UNDERSTAND/SERVE. Please call me for details.

Don't Miss the Annual Meeting Saturday, August 28, 2010

by *Jeanne Zwiebel - Activities Chair*

The annual meeting will be held Saturday, August 28 at St. Mark's United Methodist Church, 8550 Pioneers Blvd.

The meeting will begin with a buffet dinner at 6:00 PM. Roast pork with a variety of sauces will be provided. Those attending should bring a vegetable, salad, fruit or dessert that will serve 12. Please indicate the dish you will bring on the registration form printed in this newsletter.

You're sure to enjoy the evening's entertainment by Arbor Road, a local blue grass group, lead by Fred Minster.

The business meeting, which will include the election

of officers, will follow dinner.

The slate of officers proposed by the nominating committee is President, Gaylord Becker, Vice President, Nancy Comer, Secretary Julie Albrecht, Treasurer, Dorina Worthy. Exchange directors will announce plans for upcoming 2011 exchanges.

One hundred people attended the Annual Meeting in 2009. We have the capacity for the same number this year so get your reservations in early to hold your places. There is no charge for this event and guests are welcome. Members are asked to volunteer to decorate a table with a specific country theme that

might include objects collected on past exchanges.

Please send your registration, preferably by August 20, to Jeanne Zwiebel, 1025 Lamplighter Lane, Lincoln NE 68510. Questions to Jeanne 489-1247




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

Name(s) _____ Phone _____

Address _____ Email _____

Guest's Name _____

Number of persons attending _____

 I will bring one of the following to serve 12 people:

___ Main Dish, ___ Vegetable, ___ Salad, ___ Fruit, ___ Dessert

I am interested in providing a table centerpiece. Country _____

I will help with clean up after the meeting. _____

Membership News

By Mary Bryant, Membership Chair



The next time you meet the following individuals please give them a warm welcome as the newest members of The Friendship Force of Lincoln – Jane Johnson, Diane Walkowiak, Ethel Cooper of Springfield, SD., Deb Prevost and husband, Joe Chiaretti, Janice Jones, and a late renewal, Caroline Tuel. Welcome one and all!

The Friendship Force International (FFI) Board of Directors met in Atlanta March 6-8, 2010. In reviewing the financial situation of the organization and our future needs, the Board unanimously agreed that it is essential to increase fees. Effective with the 2011 dues that each club remits to FFI to support the international organization that provides guidance and operational assistance to all clubs, an increase will be made. The FFI club membership fees will be increased from \$6 to \$10 for an individual member and from \$10 to \$17 for family memberships.

At the May 6, 2010 Board of Directors' meeting of The Friendship Force of Lincoln (FFL), the Board approved partially subsidizing this increase. FFL will increase the dues for 2011 from \$28 to \$30 for an individual membership and from \$35 to \$40 for a family membership. This increase of FFL dues includes a portion of the new FFI club membership fee; no increase has been made for the operation of our local club. Please note that FFL is absorbing \$2 of the \$4 increased FFI

Individual Membership fee as well as \$2 of the \$7 increased FFI Family Membership fee.

We wanted to notify you of this dues increase since a number of members pay their annual dues early. Payment of dues is not required until December 1st; early payment is always appreciated.

- 2011 dues renewal for Friendship Force of Lincoln members:
- \$30 for Individual Membership
- \$40 for Family Membership

NEW members ONLY who join after July 15, 2010 may remit \$30 for an Individual Membership or \$40 for a Family Membership. Your dues will be credited as paid through December 31, 2011.

There's Still Time to Join Pat in Mexico

Although the deadline to apply for the October 22 – November 3, 2010 exchange to Filobobos, Mexico has passed, it might still be possible to join the exchange if you act immediately. If you are interested or need additional information, email Exchange Director Pat King at pking4@neb.rr.com.

Tokyo Inbound Exchange Sept. 25 - Oct. 2, 2010

By Nancy Comer, Exchange Director



There will be excitement in the air when the Japanese ambassadors arrive from Tokyo. Lincoln will be in the midst of Homecoming activities September 25. The campus will be decorated, there will be crowds of fans at Memorial Stadium and tailgaters partying around the Haymarket area. The Open World group from Tajikistan will be arriving too.

We are grateful that so many of you have stepped forward to host ambassadors, and help with preparations for the many small group dinners we will be hosting throughout the week.

If you haven't signed on to help, it is not too late. We still need volunteers to accompany us on day hosting venues in and around Lincoln. Having our members participate in the week's activities shows our visitors from other countries that we're glad to have them spending time with us. (The Japanese ambassadors are anxious to practice their English skills.)

The Tokyo planning committee invites you to meet and interact with our international visitors at the following events:

- *Welcome Party (Japan and Tajikistan): Sunday, Sept. 26 6:00 p.m Western Theme and BBQ Buffet at Parker's Rib Ranch (intersection of Highway 6 and Highway 63) Ashland NE. Wear your cowboy/cowgirl duds and join the fun.
- Lauritzen Gardens Antique and Garden Show – Sunday, Sept. 26, 1:30 PM. Spend some time in the Omaha area; stop in Ashland and join the Welcome Party before returning to Lincoln.
- *Lunch and tour of the Governor's Mansion – Monday, Sept. 27, 12:00-1:30 PM.
- Chiara String Quartet Concert at Kimball Hall - Tuesday, Sept. 28, 7:00 PM. Special pricing of \$10.00 for seniors, (62 and older) this evening.
- Nebraska City, with lunch at Lied Center – Thursday, Sept. 30 10:00 -3:30 PM.
- Farewell Dinner Buffet at Knolls Restaurant - Friday, October 1 6:00 PM.
- * Designates activities shared by Tokyo Inbound exchange and Open World.

Please complete and return the Japanese exchange events form on page 7.

Tajiks to study Youth-at-Risk Issues

By Kay Rockwell, Gloria Van Ackeren & Julie Albrecht



The FFL is hosting six emerging leaders from Tajikistan through the Open World (OW) Leadership Program. They arrive September 25th to experience America's democratic system and civil society in action, and to learn about ways we work with youth-at-risk. You are invited to join the OW delegates for a welcome and farewell party, lunch at the Governor's Residence, and a day-camp experience at Carol Joy Holling.

- September 26 at 11:00 AM – Join the Tajik delegation at Omaha's Henry Doorly Zoo. We still need one or two drivers and sack lunches for the entire entourage.
 - *September 26 at 6:00 PM – Cowboy/Cowgirl Jamboree Welcome Party at Parker's Rib Ranch, 16880 Hwy. #6 (just west of Ashland). Wear your cowboy/girls duds and welcome the Tajiks and Japanese for a barbeque buffet. How about joining in on line dancing?
 - *September 27 at 12:00-1:30 – Lunch at the Governor's residence, 2145 'H' Street.
 - September 29 at Camp Carol Joy Holling—east on Hwy. #6 to Hwy. #66; turn right and continue 1.25 miles, then turn onto the Ranch Road access road. Watch for the 'Carol Joy Holling Center' directional sign.
 - 11:30-1:00 – Mid-Way Lunch – Learn about the Tajiks' families and find out about their first impressions of Lincoln and the USA.
 - 1:00 PM – Co-Op Team Building Course – Participate in activities with the Tajiks to learn how different nationalities can solve challenges together, communicate with one another, support and encourage each other, and rely on each other to complete the task at hand. Join in on a cooperative log-walking exercise called 'Trollies', transport the 'Spider's Web', ride the 'Levitation Platform' or guide the ropes for it, steady the 'Power Perch' for climbers, or join the pull team for the 'Flying Squirrel'. Come!! It's fun!!!!
 - 4:00 to 8:30 PM – Explore the camp; hike, fish, and dine on a campfire meal.
 - October 1 at 1:00 PM – Tajik / American Friendship Celebration – A Champagne luncheon at the Rogers House, 2145 'B' Street. We bid farewell to our new friends as they share ideas they want to implement upon returning home.
- *Party for both the Tajik delegates and the Japanese Ambassadors.

Please complete and return the Tajikistan exchange events form on page 7.

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Name(s) _____ Phone number _____

Please return this form with payment to John Comer, 7730 Mytle Street, Lincoln, NE, 68506 by September 10th. Make checks payable to The Friendship Force of Lincoln.

Incoming Japan Exchange Events	Cost	Attending	Total
*Cowboy/girl Jamboree Welcome party Parker's Rib Ranch, 16880 Hwy. #6	\$12.00	_____ x _____	
*Lauritzen Gardens Antique & Garden Show	\$10.00	_____ x _____	
*Lunch at Governor's residence 2145 'H' Street	\$10.50	_____ x _____	
Chiara String Quartet Concert	\$10.00	_____ x _____	
Lunch at Lied Center Nebraska City	\$12.00	_____ x _____	
Farewell Dinner at Knolls	\$20.00	_____ x _____	
TOTAL			_____

*Combined with the Tajikistan in-bound exchange – Questions? Call 402-488-9209



Name(s) _____ Phone number _____

Please return this form with payment to Gloria Van Ackeren, 7604 Phares Drive, Lincoln, NE, 68506 by September 10th. Make checks payable to The Friendship Force of Lincoln.

Your support is particularly helpful in social activities as we illustrate how we work, live and play in our democratic society. We still need volunteers to:

- _____ Drive to Henry Doorly Zoo on Sunday, Sept. 26
- _____ Provide sack lunches for the Zoo crew on Sunday, Sept. 26

Incoming Tajikistan Exchange Events	Cost	Attending	Total
*Cowboy/girl Jamboree welcome party Parker's Rib Ranch, 16880 Hwy. #6	\$12.00	_____ x _____	
*Lunch at Governor's residence 2145 'H' Street	\$10.50	_____ x _____	
Camp Carol Joy Holling: Mid-way Lunch	\$9.00	_____ x _____	
Co-Op Team Building Course	\$20.00	_____ x _____	
Exploring the Camp & campfire meal	\$7.00	_____ x _____	
Tajik/American Champagne Luncheon Rogers House, 2145 'B' Street.	\$12.00	_____ x _____	
TOTAL			_____

*Combined with the Japanese in-bound exchange

Make a foreign student your friend!

By Mary Lou Reeves



Lincoln Friends of Foreign Students is an organization that gives students a chance to meet and know an American family. This family can be a single person, a couple or a couple with children.

The idea is to invite the student to visit your home occasionally while they are attending the University of Nebraska and living in Lincoln. Typically, for us, we see the student, or students 8-12 times a year for a few hours each time. We like to invite them to holiday dinners, take them shopping, give them a guided tour of some of the interesting places in Lincoln, join us for games, picnics etc. It does not mean having them stay in your home as a permanent or temporary guest. It is often nice to have more than one student as they

can make friends with each other and with a student from a different culture at the same time.

Because you are members of Friendship Force you know the kinds of questions visitors to this country ask, their interests and what they would like to learn about the United States. I think this makes you a perfect person to get to know a foreign student. Every year some 3-4 hundred foreign students arrive in Lincoln and many are eager to know what family life is like for Americans. If you think you would like to know more about this group or be involved, please contact me.

Mary Lou Reeves

Phone 464-1803 or e-mail me at maryreeves17@yahoo.com



Let's Eat Out

Leo is a social event where FFL members meet in a local restaurant for an evening meal. While this is a time to catch up with your FFL friends it has been a great time for newer or prospective members to get to know what we are all about as well as meet members individually in a relaxed setting.

Typically we meet the third full week of the month, but alternate the day of the week. Those attending will order from the menu and pay their own check at the end of the dinner. All we ask is that you let Kathy Mueller know if you will be there so

we can be sure to have enough seating for our group.

There will not be a LEO in August, September and December due to other FFL events in which we hope many of you will participate.

The remaining LEOs for this year will take place at the following restaurants:

- Macaroni Grill - Thursday, Oct. 21st (27th & Pine Lake Road)
- House of Hunan - Thursday, Nov.18th (56th and Hwy 2)

Please contact Kathy Mueller at kmueller@lps.org or call 525-3357 to RSVP your attendance.

Italy Exchange, Magnifico!

by Richard Spencer, Exchange Director



Six members of the Friendship Force of Lincoln joined members in Rome from clubs in Sydney, Australia; Ottawa, Canada; Colorado, Florida, Georgia, Hawaii, Minnesota and Texas for a two week visit which included Rome and several smaller communities stretching across the Italian peninsula south of Rome.

The purpose of the trip was to establish a Friendship Force club in Matera, a small community of 60,000 about 280 miles southeast of Rome. Matera, a magnificent little town, has been the site of many of Hollywood's Bible movies, including Mel Gibson's *The Passion of the Christ*. Filmmakers are drawn to the Sassi district that has provided inhabitants shelter and security for thousands of years, and looks much like the ancient city of Jerusalem.

Ambassadors visited dwellings in the Sassi (meaning stones) dug into the limestone rock on which Matera is built. Abandoned in the 1950s for lack of utilities, the Sassi has been given new life with grants from the government. Now tourists visit shops and restaurants in this UNESCO World Heritage site year round.

After a day of sightseeing, the evening was spent in small group dinners in the homes of prospective members of what is hoped will be a new Friendship Force club. Ambassadors met family members -- children, aunts, uncles, grandparents -- and in some instances, neighbors and friends, over a real Italian dinner, lots of pasta, salad, bread and wine. Conversation ranged far and wide, but the bottom line was getting to know each other and develop friendships.

The next evening, ambassadors walked from the narrow streets of Matera to the town square where the passeggiata, the Italian social ritual of talking and walking in the evening was in full swing. Down a steep set of centuries-old steps, the group dined at a restaurant nestled in the rocks. About 60 clustered together in a private room, high limestone

walls on all sides, shared pizza and toasted their new-found friends. When the group continued its travels the following day, there was a sense that the visit to Matera was a good beginning, and that before too long, this community would become part of the Friendship Force family.

While Matera was the target of the group's visit, the first stop was in Rome. The group stayed at a convent located behind the Vatican and looking down on the dome of St. Peter's. It was a short walk from the convent down the hill to St. Peter's, the Vatican Museum, Sistine Chapel and other sites in Vatican City. Other stops in Rome included the Borghese Gallery - a magnificent display of painting and sculpture, the Forum - the ruins of ancient Rome, the catacombs - burial sites for early Christians, and the city's numerous cathedrals and basilicas.

From Rome, the group traveled to Potenza, a city of 70,000 and capital of Basilicata, the province which includes Matera and several other stops along the way. In Potenza, the group had a crash course in Italian cuisine, sampling numerous vintages and dishes from Basilicata known for its

Italy Exchange continued

fine food and quality wines.

After Potenza, the group ventured deep into the countryside of steep hills and high plateaus. In addition to Matera, other stops included Venosa, Altamura, and Irsina, small towns perched on the tops of high peaks often surrounded by walls that afforded residents security during the Middle Ages. While each, beautiful in its own right, common elements included narrow streets, a town square with villagers, chiefly elderly gentlemen relaxing, reading newspapers, playing cards and other games, and, of course a large Catholic church where bells sounded the hour of worship. In Metaponto on the Southern coast of Basilicata on the Gulf of Taranto, evidence of Greek settlers is visible in a well-preserved series of columns of an early Greek temple. Similarly, evidence abounds of early Muslim-Arab influence in Italy.

A fun stop included lunch at the l'Orto di Lucania Azienda and a short class in pasta-making. Each ambassador was outfitted with apron and chef's hat and provided flour for making dough. The dough was pushed, pulled and stretched, rolled into a long string and cut into two-inch noodles. Each noodle was then creased by rolling with three fingers, not two or four, as the instructor let us know. The result was trascinati, pasta

characteristic of the region.

A winding road swinging left and right took us to Aliano perched high on the side of a hill overlooking a valley far below. Life in Aliano was the basis of the Carlo Levi novel *Christ Stopped at Eboli*. The book depicts the hardships and depressing existence of peasants as they scratched out a living exploited by wealthy landowners. To them, it seemed that Christ never made it to Aliano. Levi was imprisoned in Aliano from 1934 and 1935 for his criticism of Mussolini's oppressive and autocratic rule.

In Maratea, south of Naples, the group made its way to the top of Mt. San Biagio, 1900 feet above the blue Tyrrhenian Sea, to view the city's best known landmark, the 72 feet high Christ the Redeemer statue overlooking the city below.

From there it was on to Sorrento, made famous by the melancholic song "Comeback to Sorrento," and a drive along the Amalfi coast featuring quaint villages, such as Positano and Ravello, clinging to the hillside overlooking the ocean. Following a day trip to the magnificent National Archaeological Museum in Naples where artifacts from Pompei and Herculaneum, two cities buried by Vesuvius, are displayed, it was back to Rome for a final night in the convent and then home.

Regional President's Meeting

The Meeting was held May 18-22, 2010 in Chicago hosted by The Friendship Force of Northern Illinois. The meeting was well organized and informative. The clubs in the Midwest Region are: Greater Milwaukee, Chicago, Northern Illinois, Dubuque, Central Iowa (Ames), Cedar Rapids/Iowa City, Des Moines, Quad Cities, Lincoln, Eastern NE, Minnesota/Twin Cities, Missouri St Louis and Wisconsin (Madison). It was great meeting the other FF Presidents and some President-Elect that joined in the meeting. All have the same concerns about keeping our clubs alive and strong. Many ideas were presented on what works and what does not work. The group was broken up into 4 groups which was assigned to come up with a theme that could be forwarded to FFI to market our Midwest Region to Foreign and Domestic Exchanges. The Theme selected "Life on the Mississippi" for a pilot inbound exchange hosted by Quad Cities, St Louis, Dubuque, and Twin Cities. This package should prove attractive to ambassadors around the world.

Friesland, Netherlands Exchange

by *Larry Kluck, Exchange Director*

Sharon Liske, Wendy Horacek, Larry and Sharon Kluck, members of The Friendship Force of Lincoln joined five others to participate in a Global Exchange to the Friesland province of the Netherlands. We had some marvelous opportunities to learn about their country and way of life. We were picked up in Amsterdam on May 18 and driven to Friesland on the highway that runs along the top of the dike separating the North Sea and Lake Ijsselmeer (formerly the Zuiderzee). The dike, which is about 24 miles long, was built around 1930 and was quite an engineering feat at that time. We had traveled from the busy city of Amsterdam and looked at the sheep leisurely grazing on the side of the dike. We noticed all the canals running through the fields and pastures. There were no fences between pastures and farm ground as the canals kept the cattle in the pastures. We soon met our host families and were off to our new homes for the next week.

The Friendship Force of Friesland kept us well occupied as we learned many things about life in Friesland. Our first full day was spent in Leeuwarden, the capital city of Friesland, which also has canals. We toured the museum and marveled at the wonderful



collection of silver items. For lunch we boarded a boat on one of the canals and enjoyed a pancake lunch. So many toppings were available—jellies, fruits, syrups and meats. I chose the pineapple and ham that was very tasty. We spent the afternoon walking through the town, visiting an old time shop and seeing the former Jewish School. We learned that there were 200+ Jewish residents in Leeuwarden before the Nazi occupation, but only six returned after the war. The school today houses studios for artists. That evening Willem Kiwiet, the Friesland hosting exchange director, presented each of us with a Friesland passport and we were now honorary citizens of Friesland.

The next day we were off to the Frisan island of Schiermonnogoog that also contains a national park. We

crossed by ferry as this island restricts cars; hence, it is a wonderful place to bicycle and walk. There are 900 permanent residents and 300,000 visitors every year. Our guide for the day was Marijke Waalkens, a member of The Friendship Force of Friesland. Marijke told us that several centuries back, her family had owned the island and pointed out her family's coat of arms that is displayed in the hotel. Even though they no longer own it, you could still see Marijke's love of the island. The non-park portion of the island belongs to the local residents who live there. After lunch we took a horse and wagon tour of the island and learned from one of the park rangers about the plants and their conservation in the national park along the beach. He also pointed out seals on

Netherlands Exchange continued

the sands of a neighboring island. After the wagon tour, Marijke took us on a walking tour to another part of the island. We saw a home being built with a thatched roof. We noticed that the island as well as all of Friesland was very clean.

We also had an opportunity to visit Allingawier, a museum of the historic life of times past. It was interesting to see the old tools and machines they had available and compare those with some we have seen in our country. We saw a number of sleds, ice skates and other items used to get around in the colder weather. Inside an old fashion bakery, a lady was making cookies using an old cook stove. Naturally, we sampled the treats and they were very good. Later in the day we went to a skating museum. When the weather permits (ice is 6 inches thick), there is a 124-mile ice skating marathon called the Elfstedentocht that goes through 11 towns. Contestants must finish the 124 miles before midnight on the day of the event. In the cold conditions many drop out due to snow blindness and frost-bite. Winners are national heroes. The museum had quite a history on the competition plus a variety of skates from the very old to new including a model of a workshop where skates had been made in past years.

We traveled to Weerribben National Park where we boarded a boat for a tour and had a leisurely hour and half ride through the park. We saw reeds growing and some that had been harvested. If you want to live along the canal in this park you pay rent for the land. Homes for sale are very expensive. Residents keep up the grounds surrounding their home. The home can be sold but not the land. Along the canal were little ramps coming out of the water so ducks and other animals could get from the canal back to the shore. Otters have been reintroduced into the canal area. On one side of the canal there was a road; the other side had only a bicycle path so all merchandise and appliances must be brought in by boat. After the visit to the park, we proceeded to Giethoorn that is known as the Dutch Venice. We took a boat ride through the canals and then went out into a shallow sea. Two boys had a boat that had turned over in the shallow sea and they were trying to retrieve their lost possessions. There was even an ice cream boat where you could reach out from your boat and buy ice cream. This was the start of a long weekend so Giethoorn was very busy. They showed us a canal intersection where a lot of boaters run into each other. They said you could sit on the bank and it would not

be too long before you saw an accident. Speed is kept to a minimum so damage and injuries are not major in these collisions.

In the Netherlands there are many windmills. Some are used to pump water to keep the land dry. Others are available for tasks such as grinding grain and pressing peanuts for oil. Kees Spithost, a member of The Friendship Force of Friesland, provided us with a two-hour tour of a mill that makes flour where he volunteers. This is an old mill that is owned by the city and operated by seven volunteers and one in training. Even though it is old, the mill is worth two million Euros. Volunteers must take two years training and pass a test before they can operate. Kees explained how they made new grinding stones for the mill starting with a cement stone disc into which they chiseled a pattern to refine the wheat into flour. He talked about doing other maintenance work on the mill and fastening the wheel so it would not turn. At one time there were 2,500 mills in Friesland. Now about 160 are all that remain.

Our week was over too soon. We had a wonderful time with our new Friendship Force friends and learned a great deal about their heritage, customs and culture making this a wonderful Friendship Force exchange for all of us.

2010 Social Activities, Exchanges & Hostings

Saturday, August 28

Annual Meeting & International Potluck - St. Mark's

September 25- Oct 3

Inbound Exchange from Tokyo, Japan

September 25 - October 2

Open World, Tajikistan "Youth at Risk"

October 2

LEO- Macaroni Grill

October 8 - 14

Outbound Domestic Exchange to FF of Connecticut

October 16 - 18

Friendship Force International World Conference; D.C.

October 22 - November 3

Outbound Exchange to Filobobos, Mexico

November 18

LEO- House of Hunan

Friday, December 3

Holiday Party - Forest Lake Estates Clubhouse

May 12-30, 2011

Outbound Open World to Ukraine

July 2011

FF of Lethbridge, Alberta, Canada, 2011 Outbound, Bridget Disney, Exchange Director

September 2011

FF of Northern Colorado (Ft. Collins), 2011 Inbound, Karen Kuhn, Exchange Director

Monthly Board Meeting - All members may attend

1st Thursday at 7:00 PM First Lutheran Church 1551 S 70th -

Breakfast & Conversation at The Pantry Restaurant, South 48th (north of Van Dorn)

2nd Saturday of each month - 8:30 A.M.- 9:45 AM

Check upcoming newsletters for details or contact:

- Gaylord Becker - President, 489-8218
- Jeanne Zwiebel-Activities, 489-1247
- Kathy Mueller, 525-3357; Diane Conley, 489-3472 - Let's Eat Out
-

Welcome One And All!



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

RETURN SERVICE REQUESTED

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Lincoln, NE

2011 Renewal or New Member - The Friendship Force of Lincoln

Mail to: Friendship Force, PO Box 30334, Lincoln, NE 68503. Make check payable to: "The Friendship Force of Lincoln."

Date _____ New _____ Renewal _____ Name Badge \$9.00 _____

Name(s) _____

Name Badge Name(s) *Please Print* _____

Street Address _____

City _____ State _____ Zip _____

Home Phone Number _____

E-mail _____

CATEGORY: Individual-\$30 Family-\$40 Patron-\$50 Benefactor-\$75 Sponsor-\$100
 Replacement Name Badge @\$9.00

Total Amount Enclosed: _____

NOTE: New members each receive a complimentary name badge; replacement name badges cost \$9.00 each.