



PASSPORT

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**Six Open World Delegates from the Ukraine
enjoy picture-perfect stay.**

Greetings from the President



by Joanna Rogers
President

I hope you had the opportunity to attend our last “Dessert & Discussion” with the FFL Ambassadors who visited Germany last fall. Duane Starr & Erna Rethmeier did a fabulous job describ-

ing the slides, while all their ambassadors put on a wonderful skit about our state, Barb Ridder presented information about the 2017 Exchanges to Lamphun, Thailand in February and the two Coast clubs of Australia in October. Barb has lived in Australia, and she and Carolyn Kitterer have both spent time in Thailand; so we have their experiences to appreciate. Thanks so much to all of the helpers and participants for a successful afternoon.

The next social event for FFL will be a game time on May 22, 2016. Hope Partridge has planned for the club

to meet at 1:30 p.m. in the Fireside Room at the Legacy on 72nd & Van Dorn. The cost will be \$3.00 per person. Snacks and drinks will be provided, as well as prizes for the winners. I hope you can all join us for some social time with other members.

There are two open positions on the Board at this time. If you are interested in serving as a Board Member, please let me know. Along with specific duties, you will be able to join in the decision-making for all of our activities and policies. Call me at 402-484-8678, and we can discuss what the positions will entail.

Open World Delegates



Six Open World Delegates from the Ukraine were here to study Nebraska’s health care systems. They met with Congressman Jeff Fortenberry and Secretary of State John Gale. Senator

Lydia Brasch introduced them to the Legislature, and they had the opportunity to meet several state senators.

A program where they visited many of our health institutions, such as Bryan

Hospital, the Blood Bank, Madonna Rehabilitation, and the Department of Health and Human Services, was organized by our Open World committee - Julie Albrecht, Pat King, Gloria Van Ackeren, and Joanna Rogers. The delegates visited the Clinic with a Heart and the Center for People in Need. They also visited with a Hy-Vee dietitian and pharmacist.

Thank you to the FFL members who hosted and provided transportation for the visitors and to all others who helped with the planning and entertainment of the group. This program never fails to be pleasing and informative for all involved.

Guadeloupe Exchange

By Pat King

The exchange to Guadeloupe got off to a shaky start. February 3, 2016 was the day of the blizzard. The Interstate was closed as were schools and most businesses. Fortunately, the twelve Lincoln Ambassadors were able to leave the next day, only to learn that the three Canadian Ambassadors from Ottawa were iced in at Montreal. The only ones to arrive in time in Pointe-a-Pitre were two ambassadors from the Milwaukee club; they arrived several days early.

The Guadeloupe club had planned a Welcome Party for the evening of Day Two. We all arrived in time to go directly from the airport to the party.

The next day was Heritage Day. We spent the morning at the new ACTe Museum. The museum traces the history of the slave trade in the Carib-



bean. Some of our hosts were descendants of slaves. The visit was followed by a meal consisting of foods similar to those which were eaten by the slaves.

During the following days, we enjoyed beach parties, swimming in the sea, watching Carnival parades, and touring Basse-Terre, the more mountainous of the two butterfly islands. Instead of small group dinners, we treated our hosts to a group dinner at a restaurant that opened especially for us. Because of the Carnival, most restaurants and businesses were closed for the holiday.

The exchange ended with a Black and White Party which extended well into the evening. We plan to duplicate it (sort of) at the all-club party in July. You will need to wear black and/or white.

We bid good-bye to our Canadian and Wisconsin friends, then flew to San Juan, Puerto Rico for four days of swimming, sunbathing, and shopping. We brought the nice weather home with us, so there were no more blizzards.

Ambassadors from the Friendship Force of Lincoln on the Guadeloupe Exchange, February 3, 2016.



Friendship Force Members -- Step up to the plate!

By Pat King

With FFL's super busy 2017, Exchange Directors are needed. If you've ever considered being an ED, now is the time.

Incoming Exchanges

We have three incoming exchanges. Columbia Cascade in September, Sao Paulo, Brazil in May, and the Solar Eclipse in August.

An incoming ED needs to be organized. He or she will head a committee to plan a week's activities, find home hosts, and arrange small group dinners. The incoming ED will assist the visiting ED with any logistical or medical situations that might develop and handle any last minute changes.

The ED's expenses during the exchange are covered up to \$100. In addition, the ED will receive \$200 for the first 8 ambassadors and \$10 for each additional ambassador up to a maximum of \$400 towards a future exchange.

Outgoing Exchanges

We also have three outgoing exchanges. Lamphun, Thailand in February, Wichita, Kansas in April, and CentralCoast (Gosford, NSW) and Sunshine Coast (Maroochydoore, Qld), Australia in October.

The principle duties of the outgoing exchange ED are planning, recruiting, and budgeting. Items such as group

flights and an additional week of touring should be considered. Exchange fees per ambassador include 1/20 of the ED's expenses, so recruiting efforts are essential.

Apply Now

If you think you might be interested in being an ED during 2017, or if you would like to serve on an exchange committee, please contact Joanna Rogers at (402) 484-8678 or bkrohn@neb.rr.com.



Membership News

By Mary Bryant

As of this newsletter, we have 178 members – 108 Individual, plus 35 Families. We appreciate each and every member. We realize that some of you are not as active as you once were, but you continue your membership because you believe in The Friendship Force and its philosophy. What a loyal group of members!

The recruiting award for our newest members goes to Pat Novak. She has convinced four of her friends not only

to become members, but to join the exchange to Niagara, Canada, for which Pat is the Exchange Director. Way to go Pat! These new members are: Barbara Rothenay, Janet Price, Judy Price, and Pat McGrew. We have an additional two new members: Anthony Komena and Betty Todd.

You never know when and where you will meet someone and the conversation turns to The Friendship Force. Our two newest members are examples of this. Anthony saw an ad for an RV placed by long-time member, Linda Mendoza. During their conversation, Linda told him about her Friendship Force adventures. Linda contacted me about Anthony. I then called him and discovered he liked what Linda and I told him about FFL. Within a month, he joined our club and has attended several Breakfast and Conversations, plus the LEO at Ginger's.

Betty and I happened to be sitting together at an OLLI presentation on March 24. Several other individuals at our table were also FFL members. Betty also liked what she heard about our travels. She attended the April Breakfast and Conversation and became our most recent member at the end of April.

I encourage each of you to tell others about The Friendship Force of Lincoln. Let me know if you would like a

continued

Friendship Force New Member Introductions - May, 2016

By Lois Poppe

Joe and Tanna Kinnaman

Joe and Tanna Kinnaman heard about Friendship Force through members involved with Olli (Osher Lifelong Learning Institute) and fellow Unitarian Church members. In 1977, the Kinnamans moved to Lincoln from Chicago for their distributing business. They like to bird-watch, read, and travel. Tanna enjoys quilting. They traveled to Cuba through Olli. They have also traveled with their mobile home. They spend four months or so each winter in Florida. The Kinnamans are fortunate to have almost all the members of their family living in the Lincoln area. They have two sons, 12 grandchildren, and one great grandchild. Joe and Tanna enjoy people and are looking forward to the camaraderie and friendship of the Friendship Force members. Welcome Joe and Tanna!

Anthony Komenda

FFL member Linda Mendoza introduced Anthony to Friendship Force. Anthony and his wife were married for 46 years when she suddenly passed away shortly after she retired. Both loved to travel and planned to purchase a motor home and perhaps spend time in the Florida Keys. Anthony retired from work as a carpenter. He purchased an acreage near Branched Oak

Lake 48 years ago. He enjoys the outdoors – hunting, fishing, walking, and biking. His only son lives nearby.

Anthony has attended several of the Friendship Force breakfasts and a dinner. He may consider being a Day Host. Anthony finds Friendship Force members to be friendly and thinks his membership may be a way to get to know people. Please welcome Anthony when you see him!



Pat McGrew

Pat moved to Lincoln when her husband transferred here with his computer sales employment. Pat learned about Friendship Force through members at ProActive Madonna. She has two daughters, three granddaughters and one grandson, all in Lincoln. She likes to babysit her grandchildren who range from ages three to nine. Pat also enjoys fishing and her dog, Bingo. She loves country music and

looks forward to seeing Garth Brooks soon. Pat, her sister, and some friends attend the Country Stampede in Manhattan, Kansas each year in June. Pat has traveled to Denmark, Puerto Rico, Tahiti, Spain, and many other places. In August, she plans to travel with Friendship Force to Niagara Falls, Canada. Welcome Pat!



Membership News continued

packet of five FFL business cards for referring others to our organization. It also contains the phone number for the Atlanta headquarters of our International office in case you meet others during your travels that do not live in our area. There are FF clubs in 39 states, and if your new acquaintance doesn't live in one of them, they can join our club. We have FFL members who live in Florida, Colorado, Mississippi, Kansas, and Arizona; all are welcome.

Upcoming Events in 2016

May 22

Game Day Event -- Fireside Room, Legacy
at 7200 Van Dorn @ 1:30 - 4:30 p.m.

June 7

LEO -- Imperial Palace, 27th & Vine Streets @ 6:30 PM

June 25

Picnic with Omaha FF at Mahoney State Park
@ 11:30 AM

July 15

Guadeloupe "Black & White" Dinner at Chatelaine
Apartments @ 5:00 PM

August 2

Passport info due
LEO -- Sultana Kite, 1311 O Street at 6:30 PM

August 24-31

Niagara Exchange

September 11

Annual Meeting -- First Lutheran Church @ 7:00 PM

September 15-18

World Convention in Morocco

September 22-28

Seattle/Huntsville Incoming Exchange

October

Program on Niagara Exchange (date TBA)

November 1

Passport info due
LEO -- TBA

December 4

Holiday Party

Upcoming Dates in 2017

February

Lamphun, Thailand -- Outbound Exchange

April

Wichita, KS -- Outbound Exchange

May

San Paulo, Brazil -- Incoming Exchange

September

Columbia/Cascade -- Incoming Exchange

October

Australia -- Outbound Exchange



Let's Eat Out Report

By Carlene Keim

FFL members enjoying dinner Dinner is served!

Ginger's, a Pan-Asian restaurant, was the location where 22 FFL members gathered and enjoyed a wonderful meal together on March 19, 2016. We had a choice of ordering off the menu or going to the Mongolian Grill area and creating our own stir-fry with various sauce combinations.

Our next LEO will be held on June 7 at the Imperial Palace on 27th & Vine Streets. We will meet at 6:30 p.m. A family style meal will be served so members can sample a little of everything. Reservations should be e-mailed to bkeim@hamburgia.net or you may call this number: 402-269-2778.



Seattle/Huntsville Incoming Exchange

*Carolyn Kitterer and Margaret Foster,
Co-Exchange Directors*



September 22 is the arrival date for the Friendship Force of Lincoln's next incoming exchange. Thirty ambassadors (15 from each club) are expected from the two clubs, and the exchange committee has been busy planning several activities. Some of the usual and expected events will be a tour of the Capitol and lunch at the Governor's Mansion. There will be a visit

to the Homestead Monument at Beatrice. We plan on visiting the Innovation Campus for the first time, and we will show off the expanded International Quilt Study Center and Museum on East Campus.

We are in need of hosts or co-hosts for our guests. If you want to be involved, but don't feel you can host an ambassador or two in your home, you can be involved by sharing meals, activities, and local sight-seeing adventures by joining up with someone who will be housing the ambas-

sadors. If you are interested or have questions about hosting or co-hosting, talk to Joanna Rogers, Carolyn Kitterer or Barb Ridder.

We encourage you to sign up to be a day host or small group dinner host. We especially encourage new members to get involved in the exchange by hosting in one of these positions. Small group dinners will be on Sunday, Sept. 25. Carolyn, Barb, or Margaret will be at some of the Saturday breakfasts to answer questions and to sign you up as a host. Details of events and costs will be forthcoming in the August newsletter.



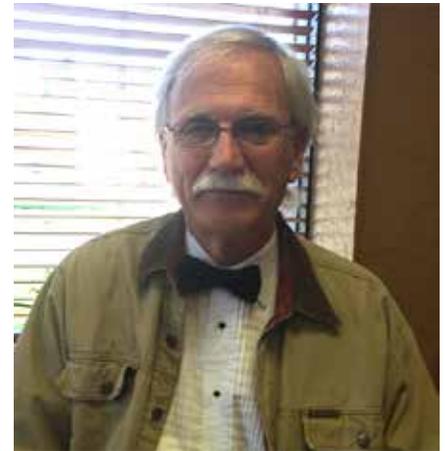
Breakfast Group

By Milton Bayer

Fourteen FFL members and guests gathered at Stauffer's Café on April 9th for Breakfast and Conversation. The topic of discussion was "Which school teacher do

you remember the most and why?" Answers varied from wonderful teachers to those we could have lived without; but they were remembered.

Our coordinator, Milt Bayer, arrived in his tuxedo. Actually, he wore only part of it. He left his tuxedo jacket in the car and wore another jacket in its place. He wanted to tone it down, so he wouldn't be too conspicuous as he entered the restaurant. Milt wore his tuxedo since he was standing Honor Guard at St Teresa's Confirmation immediately following the breakfast.



Milt dressed in his tuxedo

2016 Board of Directors

President: Joanna Rogers - rkrohn@neb.rr.com
Vice President: Barbara Ridder - bridder@neb.rr.com
Secretary: Arlene Rae - arlenerea36@yahoo.com
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Merchandise: Marilyn Watson
Monthly Breakfast: Milt Bayer
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Publicity: Pat King
Social: Committee Members
Website: Richard Spencer
Exchange Directors:
Niagara: Pat Novak
Seattle/Huntsville: Carolyn Kitterer & Margaret Foster

The Friendship Force of Lincoln

Dues for the 2016 calendar year are \$35 for an Individual Membership and \$48 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. 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/\$11.00 _____

Replacement name badges cost \$9.00 each for a pin-on type or \$11.00 each for magnetic style

Name(s) _____

Name Badge Name(s) *Please Print* _____

Street Address _____

City _____ State _____ Zip _____

Home Number _____ Cell Number _____

E-mail _____

CATEGORY: Individual-\$35 Family-\$48 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: _____