



# PASSPORT

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## 19 AMBASSADORS TRAVELED TO THAILAND IN JANUARY 2018

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## GREETINGS FROM THE PRESIDENT



by Julie Albrecht  
President

**W**inter 2018 has been full of FFL events. I hope that you were able to join in at least one of the events! In February, we hosted an Open World Delegation from Ukraine which was very successful with the delegates going home with many new ideas about democracy and how our state and city governments work. Of course, members had the opportunity to meet the delegates at the welcome party and the lunch at the Governor's Residence.

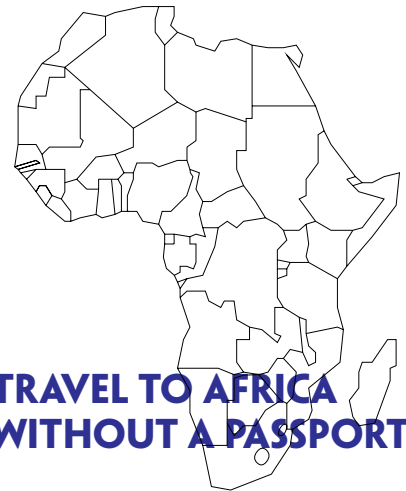
In late January, we had a outbound journey to Thailand. They had a great time and read the article to find out all the interesting places they visited. In March, we hosted a FFI Global Journey focused on the Sandhill Crane migration. It was an awesome program. Check out the article!

Every month we have a Breakfast and Conversation that provides an opportunity for FFL members to get to

know each other and have fun with a challenging question for discussion. LEO's (Let's Eat Out) are held every 3 months and provides FFL members to learn more about an ethnic restaurant in Lincoln and enjoy the company of members and your guests! Clip the Calendar for upcoming schedule Breakfast and Conversations and LEO events.

I will be attending the FFI Super Conference in Cincinnati and will be looking forward to sharing a lot of new ideas from other clubs in the Great Lakes, Midwest and Southwest regions! Our FFL Board meetings are held on the first Thursday of each month (6 PM) at First Lutheran Church on South 70th Street. The board meetings are open to any member to attend. We will be posting our approved minutes on our website which will help members keep up with FFL activities.

We encourage all members to become INVOLVED! Find an activity or committee chair and find out what they are up to and how you can be involved. We have a couple of positions to fill – Web master and newsletter coordinator.



**F**riendship Force will meet Sunday, May 6 from 2:00-4:00 PM at MAMA (Midwestern African Museum of Art) 1935 "Q" Street. Dr. Natalie Hahn, our original speaker, is unable to attend but Seth Mock, director of MAMA, has agreed to share his love and knowledge of African art and culture with us. We will explore the mission of MAMA, view African art and artifacts and share a fun cultural experience. Enjoy a sampling of African finger foods. Coffee and tea from the newly reopened "MAMA's Coffee Hut" will be available for purchase. Don't miss this unique event!

Please RSVP by Saturday, April 28 to Linda Kistler  
ljkistler@hotmail.com  
402-489-3712

## THAILAND JOURNEY IS A HUGE SUCCESS

*Carolyn Kitterer*

**A**t the invitation of the Friendship Force Club in Lamphun, Thailand 19 ambassadors traveled to Bangkok, Thailand on January 25, 2018. The ambassadors were; Carolyn Kitterer, Amy Birky, Ginny Burstein, Jim Caruso, Carolyn Harp, Jane Kinsey, Linda Kistler, Cathy Lund, and Barbara Rothenay from Lincoln; Donna Jean Innes, Joan Kay, and Francine Pichette from Quebec, Canada; Angie Babino and Harriet Marois from Oceanside, CA; Marybeth Buchele from Ames, IA, Joan Sankey from Atlanta, GA; Brenda Wingfield from Richmond, VA and Jack and Carol Mullen from Asheville, NC.

The ambassadors met for the first time on the morning of January 27 as they began their Pre-Journey exploration of Bangkok and the surrounding area. There were three organized tours that took the ambassadors



on a longtail boat ride to explore life on the klongs, a trip to Kanchanaburi to see the famed "Bridge Over the River Kwai" built with prisoner of war labor during World War 2, and the tour of the Grand Palace and Emerald Buddha and Wat Traimit to see the Golden Buddha. There were two free days in which one could choose what to see and where to go. Some rested while some went to the Jim Thompson House, Wat Po to see the reclining Buddha, to the National Museum, and others did some shopping and wandering through the huge shopping centers near the hotel. The Friendship Force Bangkok club was contacted before the journey and six of their members graciously hosted our group to a dinner. A good time was had



sharing the meal, telling stories of travels, and singing. We learned that singing and Karaoke is a part of almost every gathering!

On February 2 the Friendship Force Journey to Lamphun Thailand began as the ambassadors flew to Chiang Mai, in northern Thailand, and were greeted at the airport by Pensri, the Journey Coordinator and Club President, and Supin. We quickly boarded the bus to travel to Lamphun, about 45 minutes away, to meet our hosts and to have lunch. After lunch we dispersed to the host homes that were in various parts of the province. The National Flower Festival was held in Chiang Mai and on Saturday, February 3, we boarded the bus again to go to Chiang Mai where we had seats in the grandstand to view the three-hour parade of floral floats, dancers, community groups, and bands. After the parade lunch was provided at a hotel, then hosts took the ambassadors to a variety of local points of interest. Sunday was a free day and many of us ended up back in Chiang Mai and Lamphun seeing temples,



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gardens, shopping centers, etc. Day 4, Monday, included a visit to a Buddhist College with Buddhist monks and lay students talking one-on-one with the ambassadors. After lunch we visited a couple of temples with the students to help explain what we were seeing. Tuesday was “government day” with a visit to the Lamphun District Office and meeting with the mayor, the head of the Women’s Empowerment Funds that helps women start a small business or to go to school. After shopping at the stalls of women who had made or grown things to sell, we had lunch. The group then traveled to Thaket Municipality Office to meet the mayor and learn about the Ban Muean Khao Village elderly project and the people welcomed us with a traditional dance and activities to involve us in food preparation and crafts. These two days were very special with the

interaction planned between ambassadors and local citizens. The next day we went to an elephant sanctuary where we saw elephants getting their baths, how they are trained, and an opportunity for a short elephant ride. On the way back to our homes we stopped at one of the oldest temples in the area. Wednesday was a day of rest, visiting a temple and taking part in the rituals, and then having a traditional farewell dinner in the evening.

The Post-Journey to Chiang Rai on Thursday included a visit to a Hill Tribe School with students dancing for us and a visit to a very unique temple dedicated to the Goddess of Mercy. The next day we took a short trip to Myanmar, crossing the border and visiting the village and a couple of temples. After lunch we went to a Hill Tribes Village that is set up to house about 125 people from five of the local Hill Tribes in the area. The village is set up to preserve the local crafts and traditions. Before leaving Chiang Rai the next morning, we stopped at the White Temple, a very modern artistic temple built by a well-known artist, Ajarn Chalermchai Kositpipat. We then journeyed back to Chiang Mai where we spent the night and explored the Sunday night market before returning to Bangkok the

next day.

This was a journey of experiencing the life and culture in a large city, small villages, and in regional towns. The opportunities provided to take part in local activities and to talk to and interact with students, women, and the elderly were among the highlights of the journey and we appreciated the chance to experience the Thai culture at a very close and personal level.



### **THAILAND DESSERT AND DISCUSSION - JUNE 3**

**P**lease join the ambassadors to Lamphun, Thailand for Dessert and Discussion about their journey that took place in February. We will meet on June 3 from 2:00-4:00 at Chatelaine Apartments, 6201 Normal Blvd. in the Great Room. Come to see the souvenirs collected and photos taken, and sample some of the food we ate.

## JOURNEY TO THE SANDHILL CRANE CAPITAL OF THE WORLD

By Arlene Rea

**T**wenty-seven ambassadors (21 international and 6 FF-Lincoln members) were part of the Great Migration to the Platte River of Nebraska, March 17 - 24! Ambassadors from California, Florida, Georgia, Iowa, Missouri, North Carolina, Kentucky, Oregon and Texas, enjoyed a “welcome to Lincoln” sit-down dinner hosted by Janet Walters at the Graduate Hotel on Sunday, March 18, and heard from Alan Bond and Judy Diamond about their work with parrots, and their similarities to cranes, in Costa Rica, Australia and New Zealand.

Monday morning twenty-eight “craners” boarded a bus to Grand Island, Kearney and Red Cloud. On the trip towards Kearney, we heard from Mary Bomberger Brown (BS, MS, PhD), UNL School of Natural Resources, as she described why the sandhill cranes choose to spend several weeks in March on a 75 mile strip between Grand Island and Kearney. We stopped to visit the Great Platte River Road Archway and MONA (Museum of Nebraska Art) in Kearney. In the evening we listened to Dr. Letty Reichart of UN-K who talked about the sandhill crane migrations and their behaviors.



Tuesday morning at 5 a.m. we had the first-hand experience of how the cranes wake from their roost in the Platte River and begin their foraging day at Rowe Sanctuary at Gibbon. It is like an orchestra with different groups taking different routes and times to begin their day. Later, as we traveled between Gibbon and Grand Island, Dr. Brown, shared her expertise about the cranes and other birds that inhabit the Platte Valley. We viewed the areas near the river where the cranes were foraging corn, milo, and other grains, in addition to showing off their dancing. In late afternoon, after checking into our hotel in Grand Island, we boarded the bus for the Crane Trust Nature & Visitor Center, near Wood River. Seeing the cranes in the evening is a different experience than the

morning. Cranes are coming in for the night, but it is very orchestrated and vocal as if they are talking to each other to insure that their landing will be safe. At one point, a coyote passed in front of our blind. It seemed like hours before the cranes decided it was safe to land in the Platte River.

On Wednesday, we journeyed to Red Cloud and the Willa Cather Museum. On the way, Carolyn Kitterer shared passages from Willa Cather’s writings. Cather wrote about life living on the prairie and her insights into the land, the culture and its inhabitants.

By Wednesday evening we returned to Lincoln. Visits were made to the State Capitol and the Governor’s Mansion on Thursday. After lunch at Billy’ Restaurant, many of the ambassadors

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**“OUR GANG” AT THE GREAT PLATTE RIVER ROAD ARCHWAY IN KEARNEY.**

*Front Row: Roselyn Hughes, Texas; Marianne Choy, California; Barb Boettcher, Lincoln & Florida. Second Row: Barb Ridder, Lincoln; Delores Ebert, Missouri; Ann Russell, Missouri; John Ernst, Georgia; Paula Edmonston, California; Judy Stratton, Florida; Kueier Chung, Iowa; Dorothy Moore, Florida; Carolyn Kitterer, Lincoln; Elaine Henrich, Florida; Barbara Luna, Texas; Back Row: Bill Ebert, Missouri; Charles Johnson, Iowa; Jane Marie Flagler, Iowa; Jan Johnson, North Carolina; Suzanne Ernst, Georgia; Linda Cook, Missouri; Jan Howard, Kentucky; Robert Strahan, Iowa; Emily Smith, Oregon; Patricia Crews, Lincoln; David Crews, Lincoln (behind Patricia); Dr. Mary Brown, Lincoln; Arlene Rea, Lincoln; Rita English, Kentucky.*

visited the International Quilt Museum.

On Friday, March 23, we were treated to a “European Style” brunch. Mariah Lundgren, an associate of Michael Forsberg, the noted crane photographer, shared the Platte River Basin Time Lapse Project where cameras are positioned along the Platte River to get a glimpse of what happens during the course of each season. Members of the planning committee were: Milt Bayer, Wendy Horacek, Linda Kistler, Carolyn Kitterer, Kathryn Neyens, Hope Partridge, Ann Quinlan, Arlene Rea (Coordinator), Barb Ridder (Coordinator), Joanna Rogers, Janet Walters and President Julie Albrecht.

**INTERNATIONAL TRAINING SESSION HERE IN LINCOLN**

*By Joanna Rogers*

**F**riendship Force International has asked the Lincoln FF chapter to host a Training Session for ambassadors from around the world to learn the basics of a successful club. We accepted their request and the Training Session will be held October 12-18, 1918. At this time, International is taking applications for participants.

As Host Coordinator of this training, I am now asking for volunteers to serve on the committee or take part in the training.

We will have daily sessions on subjects such as finances, membership, inbound and outbound journeys, journey coordinator panels, hosting responsibilities, by-laws, policies and procedures, websites and other subjects that a new club or an existing club needs to deal with monthly.

FFI will be sending a representative to explain the mission and structure of the world organization as well as a current officer of the International Board to participate in the training.

Please offer your help as a home host, a small group dinner host or to serve on the committee now by contacting Joanna Rogers at 402-484-8678 or rkrohn@neb.rr.com. Let’s be a good example for a new or struggling Friendship Force club.



## LEO AT LAPAZ – JANUARY 20, 2018

by Bruce Keim

LEO for January was held at LaPaz Mexican Restaurant at noon on Saturday January 20, 2018 with 21 members attending. LaPaz was owned by Julie and Rick Holm for 28 years and started the restaurant in May 1989. Last April, long time employee Jonas Steel and former employee Andrew Wilson took over LaPaz. Rick stated in an article that was handed out to the group that “LaPaz succeeded when others did not because they maintained their food quality and good help.” The Saturday Manager spoke to the group and reinforced that good employees are the standard for LaPaz. She said that many of the employees have been there for 10 or more years. The quality of the food was excellent. I had the Stuffed Chile Relleno which was really tasty and Carlene ordered one of their signature dishes, the Cream Cheese Chicken Enchiladas. Everyone enjoyed their meal and it was great to get out after all the cold weather on a very nice Saturday in January!



## LEO – PIEZANO – APRIL 10, 2018

by Bruce & Carlene Keim

Piezano’s Italian restaurant was the location for our April 10th LEO with 18 members and guests present. Piezano’s was originally founded by Dick and Diane Burner in 1982. Using their grandmother’s recipes, they built the business. It is about the seventh longest running restaurant in Lincoln from an original location according to Matt. He is one of the owners and spoke to us on the history of the restaurant. Matt and his partners purchased Piezano’s about three years ago. The pizza crust is what he calls a “Nebraska” crust but they also offer pizza with a Sicilian thick crust or a Neapolitan thin crust. Piezano’s also has several pasta dishes to select from with Caesar’s Pie being the signature dish. It is made of buttery spaghetti filled with Italian cheeses, hamburger, sausage, peppers, and onions. It is then covered with marinara sauce and mozzarella cheese and oven baked. Matt also mentioned a C-Shells pasta dish which contained colossal pasta shells stuffed with their private blend of five different cheeses, covered with a heavy meat sauce and topped with mozzarella cheese and put in the oven. Carlene



and I tried the C-Shells pasta and found it an excellent choice. The portion sizes were generous and had lots of cheese on them. Piezano’s is a hidden gem tucked away in a very small strip mall on the north

side of South street near the 27th Street corner. But if you like Italian food it should be a restaurant that is on your list. The next LEO will be at the Hub Café a “farm-to-table style restaurant.” The date is Saturday, July 28, 2018 at 12:30P.M. Hope to see you there.



*Open World delegates presenting the Ukrainian Flag to Senator Lydia Brasch.*

## OPEN WORLD -2018

In February, FFL hosted 5 Open World Delegates and 1 facilitator from Ukraine. The topic was Government and Senator Lydia Brasch, of Ukrainian heritage, hosted our group at the capital. The program included a visit to the State Senate, lunch at the Governor's residence and meetings with a number of State Senators and the Secretary of State, John Gale. We visited the Lincoln City Council meeting and also with one of the council members, Carl Eskridge. Since many of the delegates were associated with city government, we met with the League of Nebraska Municipalities. The Election Office visit was particularly of interest to the delegates. Listening to the delegate questions, makes one realize the complexity

of our system!!! Additional topics included entrepreneurship, role of the press in democracy, and joint private and government ventures. Committee Member included Maxine Moul, Pat King, Joanna Rogers, Barb Mack-ichan, and Julie Albrecht.

## 2019 OUTBOUND JOURNEY - AZERBAIJAN

We received our 2019 Outbound Journey to Baku, Azerbaijan tentatively for October 2019. We will be taking applications for the Journey Coordinator. Please contact Wendy Horacek, our new Journey Resource Coordinator, for the application form and return the form to her.



## WHERE IN THE WORLD IS AZERBAIJAN???

Azerbaijan, the nation the former Soviet Republic, is bounded by the Caspian Sea and the Caucasus Mountains, which span Asia and Europe. Its capital, Baku, is famed for its medieval walled Inner City. Within the Inner City lies the Palace of the Shirvanshahs, a royal retreat dating to the 15th century, and the centuries-old stone Maiden Tower, which dominates the city skyline.

**So you may wonder, where is Azerbaijan?**



## MEMBERSHIP NEWS

**WE BEGIN 2018 WITH 131 MEMBERS – 81 INDIVIDUALS AND 25 FAMILIES.**

*By Mary Bryant*

**W**e would like to welcome four new members of The Friendship Force of Lincoln: Jerre Brammeier, Kay Straube, plus Pat and David Crews. Jerre was referred by Lois Pasco, Kay by Lois Katt, and Pat and David by Barb Ridder. Three of the four new members all were part of a water aerobics class. That sounds like a great way to meet others and to share details about The Friendship Force.

Please continue to refer prospective members. Jerre and the Crews took only a week to make up their mind to become members while Kay took a while longer. There is no telling what makes people join sooner rather than later. There probably are as many reasons as there are people. Everyone has to decide if our organization is right for them. Some know right away that is appealing to them while others have to give it more time and thought. Whatever route you decide to take, we welcome you.

Keep in mind from the dues we collect, we pass on to FFI, our international organization, \$15 per person. The remainder, \$20 per individual and \$18 per family is

used to support your club's budget. New members each receive a complimentary name badge, either magnetic or pin attachment.

If you have friends, casual acquaintances, and family who have heard you talk about your Friendship Force experiences, and have expressed an interest in learning more about our organization, please refer them to me. I will assign them to Amy Birky, a past, and now current, Membership Assistant. She will contact them at appropriate intervals. In addition, they will receive introductory and follow-up emails as well as a packet of material. Let your friends know how unique our organization is. Think about how many wonderful memories you would have missed had it not been for The Friendship Force!

### **FRIENDSHIP FORCE NEW MEMBER INTRODUCTIONS APRIL, 2018**

*Lois Poppe*



*Jerre Brammeier*

**J**erre learned about Friendship Force from Lois Pasco and others in her water aerobics group. Jerre lived in Arizona, California and Nebraska where her husband served as a Methodist pastor. Jerre taught first grade for five years. She had a preschool when her two children were young. She was also a foster parent. They had a hardware store in Sterling, Nebraska. Jerre worked at Dillard's and had a tea shop in the Haymarket – Victoria's Cousin.

Jerre enjoys playing bridge and volunteering at Saint Paul Methodist Church and Women's Welcome Club. Jerre is also an Olli member. Jerre shares a house with her son and family. She enjoys cooking dinner for all of them four evenings a week.

Jerre attended a Friendship Force breakfast. She loved visiting England and would love to visit again. France might be another travel destination. Welcome Jerre to Friendship Force.



*Kay Straube*

**K**ay learned about Friendship Force from Lois Katt who brought her to the Friendship Force Holiday Party. She knows other members through her water aerobics group. Kay came to Lincoln in 1971 to attend business school.

Kay's family includes four daughters, one son, sixteen grandkids, step great grandchildren and four great, great grandchildren. Kay is retired so enjoys the time with her family.

Kay is not certain how she will be involved with Friendship Force but she is willing to help. Welcome Kay to Friendship Force.



*Pat and David Crews*

**P**at and David learned about Friendship Force in two ways: they overheard conversation at the Larson Pool water aerobics group; and through an African Safari group with the Rockwells. They discovered that they already knew a number of Friendship Force members.

Even though the Crews have lived in Nebraska for twenty years, they had never experienced the sandhill crane migration. The cranes on the March Journey mesmerized them.

David and Pat are both retired. David taught Spanish at Norris High School. Pat was a professor in the Department of Merchandising and Fashion Design. She was the founding director of the National Quilt Center. Both enjoy reading, travel, and Olli classes, as well as working in their yard and garden. David sings in the First Plymouth Church choir. Both are "foodies" and love to cook. Their family includes one

adult son, his wife and six grandchildren who live in Lincoln.

Their future travel "wish list" includes Australia, New Zealand and Peru. They might return to Africa – South Africa and Botswana.

The Friendship Force monthly breakfast and the LEO (Let's Eat Out) activities sound interesting to them. Welcome to Friendship Force, Pat and David!

## 2018 Upcoming Dates - Mark Your Calendar

**BREAKFAST SECOND SATURDAY EVERY MONTH AT 8:30AM. – STAUFFERS RESTAURANT 5600 So. 48TH ST.**

### MAY

- **May 3** Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- **May 6** Diversity – MAMA (Midwest African Museum of Art) 2-4 PM, 1935 “Q” Street
- **June 12** Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street

### JUNE

- **June 3** Dessert and Discussion (Thailand) 2-4 PM Chatelaine Apts, 6201 Normal Blvd
- **June 7** Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- June 9 Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street
- TBA Picnic

### JULY

- NO Board Mtg
- **July 14** Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street
- **July 28** LEO Noon, Hub Café, 250 N. 21st Street

### AUGUST

- 2 Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- 11 Breakfast 8:30 AM Stauffer’s Café
- TBA Annual Mtg

### SEPTEMBER

- **Sept. 6** Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- **Sept. 8** Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street
- **Sept. 10-20** Outbound to Missoula, Mt

### OCTOBER

- **Oct. 4** Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- **Oct. 13** Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street
- **Oct. 16** LEO 6:30PM, Shoguns Japanese Restaurant, 3700 S. 9th Street
- **Oct. 12- 18** FFI Training Program

### NOVEMBER

- **Nov. 1** Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- **Nov. 10** Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street

### DECEMBER

- **Dec. 6** Board Mtg 6 PM Location to be determined
- **Dec. 8** Breakfast 8:30 AM Stauffer’s Café, 5600 S. 48th Street
- TBA Holiday Party

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## 2018 FFL BOARD

President:	Julie Albrecht
Vice President:	Arlene Rea
Secretary:	Carolyn Kitterer
Treasurer:	De Tonack
Past President:	Joanna Rogers
Journey/Hosting Resource Coordinator:	Wendy Horacek
FFI Field Rep. Coordinator:	Laurie Ann Scott
Historian:	Jim Caruso
International/Diversity:	Nancy Comer & Linda Kistler
Let’s Eat Out:	Carlene & Bruce Keim
Membership:	Mary Bryant and Amy Birky
Monthly Breakfast:	Milt Bayer
Newsletter:	Jim Ecklund
Publicity:	Pat King
Social:	Jim Caruso & Committee Members
Website:	Richard Spencer (will train a replacement)
Journey Coordinator:	Missoula Montana (Out) Pat Novak
FFI Leadership Training:	(In) Joanna Rogers