



PASSPORT

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Winston Mdegela & Moses Mwandemange from Tanzania learn about snowball fights the hard way.

FFI TRAINING SESSION HELD IN LINCOLN

GREETINGS FROM THE PRESIDENT



*by Julie Albrecht
President*

We have had a very busy Fall! At our Annual Meeting on August 19, 2018, we elected new officers: Julie Albrecht, President; Arlene Rea, Vice President; Maxine Moul, Secretary; and Milt Bayer, Treasurer. Thanks to Jim Caruso, Social Chair and his committee for arranging the food and entertainment!

An outbound domestic journey to Missoula, Montana was enjoyed by 11 ambassadors. Pat Novak was the Journey Coordinator and also planned a trip to Glacier National Park. Thanks Pat!!! If you missed their party, see the pictures in the newsletter.

In October, we hosted an FFI Leadership Conference. Thanks to Joanna Rogers and her committee for doing a great job. From Dale Moore, FFI Regional Representative: "I want to congratulate the Omaha Club for hosting the Leadership Training Partici-



Chris Sayer will be performing at the Holiday Party on December 14

pants from October 9th to 12th and the Lincoln Club for hosting and putting on the actual leadership training sessions from October 13th through the 17th. I was able to attend the training sessions from the 14th through the 17th. There were 8 participants including persons from Tanzania, Russia, Philippines, Ontario, San Antonio and Georgetown, Texas and Milwaukee. The format was training all morning through lunch and then activities in the afternoon and meals at night. I had a great time! The Lincoln Club members did most of the training along with Dave Kalan of FFI. Lincoln did a great job of including many of their members in the training and used a conversational style rather than lecture. Great job Lincoln. I was not at Omaha but judging from comments from the participants, Omaha did a great job also. Con-

gratulations to both clubs!!! You made the Midwest look awesome!!"

In November, we will be hosting Open World Delegates from Azerbaijan. These young women delegates will be learning about women in politics and civil society. Next year, we will be having an outbound Journey to Azerbaijan and possibly visit these delegates when we go to their country.

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. In October, we had a full house with our ambassadors from the Leadership Workshop. The Open World delegates will be joining us in November.

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! In October, we had a wonderful meal at Shogun's and hosted our ambassadors from the Leadership Workshop.

Our FFL Board meetings are held on the first Thursday of each month at First Lutheran Church on South 70th Street. The board meetings are open to any member to attend. We will be *continued on Page 3*



Announcing Our Friendship Force Lincoln Holiday Dinner Party & Musical Treat

By Carolyn Harp

Mark your calendar for Friday, December 14, and join your Friendship Force friends for a delicious buffet meal, served by ChefauChef, at Firespring. We will gather at 5:30, and you are invited to bring a bottle of your favorite wine to share and enjoy, as we will have a wine table. The Greasers, who entertained us at our holiday dinner last December, will again bring songs of the season.

THE MENU:

Spinach Artichoke Cream-Sauced Chicken Breast, Sliced Pork Loin, Mashed Potatoes, Oven Roasted Seasonal Fresh Vegetables, Tossed Seasonal Salad with Balsamic Vinaigrette Dressing, Dinner rolls with butter. Cheesecake Medley

Firespring is located at 1201 Infinity Court, just off 14th Street, south of Pine Lake Road. Look for the Red building to the west of 14th Street.

The cost for the evening is \$18 per person, due at the time of your reservation.

Reservations, along with your payment, are due by December 1st. Send to the Treasurer: De Tonack, at 2315 Dodge St., Lincoln, NE 68521

PRESIDENT'S MESSAGE

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posting our approved minutes on our website which will help members keep up with FFL activities. Note that the board meeting is held at 6 PM.

We are encouraging 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. Plan on joining your FFL friends at our holiday party on December 14!

MEMBERSHIP NEWS

By Mary Bryant

Since our last newsletter we have added 10 new members. Pat Hust was referred by a member in Florida. Ruby James was referred by Amy Birky who knows her from water aerobics. Phyllis Kohl was referred by Julie Splichal (her son is Julie's chiropractor); Phyllis joined the same day she attended our monthly Breakfast & Conversation at Stauffer's Café. Amy also

conveniced Jean Krejci to return to FFL after a two-year absence. Dal Ronnau became a member thanks to Carolyn Harp who often tells him about our activities. Actually, Donna Stewart learned about FFL from new member, Ruby James; she joined at the monthly breakfast September 9. Jane Witte and her husband, Glen, joined thanks to Loris Purtzer while they talked during their volunteering at the

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FFI Training Session Held In Lincoln

By Joanna Rogers

Thanks to everyone who participated in the Training Session that was held here in Lincoln Oct. 12 through 17. We received glowing reports of success from both FFI Board members and the delegates from around the world. The participants included some who are preparing to start new clubs in their own areas and others who were looking for ideas on growing their existing clubs. Many ideas were shared and I am sure our club will benefit from this experience as well.

Participants included Winston Mdegela & Moses Mwandemange from Tanzania; Jon Wagner of Ontario, Canada; Pavel Grishchenko of Saratov, Russia; Leo Borras from Naga, Philippines;

Carol Parsonage of Georgetown, Texas; Christine Vogel of Milwaukee, Wisconsin; Hope Robles of San Antonio, Texas; as well as FFI Field Reps Judi Smith of Lower Columbia, Washington and Dale Moore from Cedar Rapids, Iowa. Session leaders were Dave Kalan from Milwaukee, Wisconsin and Laurie-Ann Scott of Lincoln along with members of the FFL Board.

I heard many comments about the wonderful hosts and the great small-group dinners. The breakfast and the LEO were both well attended and much enjoyed. The Lincoln club is to be congratulated on a job well done.

MEMBERSHIP NEWS

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Lied Center for Performing Arts. Sandra Zieg and her husband, Bill, had lived in Lincoln for more than 40 years; actually, they were neighbors to long-time member, Pat King. After they left Lincoln, they joined The FF of Ft Worth, Texas. They are returning to Lincoln to the same house that they are remodeling.

As you can see, members come to us from a variety of referrals. Amy and fellow water aerobics friend, Lois Katt, have just about recruited their entire class to FFL. Isn't it interesting how conversations always come around to Friendship Force!

I send prospective members an item published in "Lincoln 55+" titled "Friendships Around the World." It starts by making the statement "Can we ever have too many friends?" It continues "Each Friendship Force experience begins with the desire to explore new countries, new cultures and new ways to connect. By sharing a home, meals, and conversation, people become friends, seeing beyond governments and borders into the heart of a country and its people. By combining home hospitality with cultural exploration, Friendship Force ambassadors and hosts learn to celebrate and enjoy our differences and, most importantly, learn that differences don't need to divide."



Visit To Missoula, Montana (The GEM state)

By Joanna Rogers

In case you missed the party on Sunday, Oct. 28 when the ambassadors from the Montana journey presented their reports on all the wonderful activities we enjoyed, we are including some pictures of the Big Sky Country. Thanks to our wonderful hosts in Missoula, and our Journey Coordinator, Pat Novak, we also got a chance to experience Glacier National Park, a beautiful place with our great driver in the red bus.



Friendship Force New Member Introductions Oct, 2018

By Lois Poppe



PHYLLIS KOHL

Phyllis Kohl lives in Crete where she owns Kohl's Real Estate. She learned about Friendship Force from member Julie Spichal's chiropractor (Phyllis's son). Her travel has been mostly to visit her family members. She enjoyed a trip to Hawaii. A trip to Italy was planned but a health issue cancelled that. Phyllis' hobby is cooking and hosting parties. Besides being active in her church, she serves on the Civil Service Commission and the Housing Authority Board (HUD). These are ways she can "give back" to her community. Phyllis enjoyed attending a Friendship Force breakfast and may consider being a host. Norway and New Zealand are travel interests. **Welcome Phyllis!**

RUBY JAMES

Ruby learned about Friendship Force at water aerobics at Union College. She heard members talking about traveling to Thailand, which sounded interesting to her. Ruby and her husband came to Lincoln in 1961 when her husband was in the Air Force. Ruby loves playing bridge. She enjoys her dog's companionship. Ruby has a long work history – twenty-nine years with the Social Security Administration and twenty years in home health. She currently works 10-15 hours a week (at most) in home health care. Ruby has traveled on three cruises. She thinks travel to Alaska would interest her. Ruby attended one of the Friendship Force breakfasts and enjoyed the conversation and people there. She may consider hosting someone in Friendship Force in the future.

Welcome Ruby to Friendship Force.



JEAN KREJCI

Jean Krejci originally learned about Friendship Force in 1980 while living in Kearney. A friend told her and she also read about Friendship Force going to Russia. Jean and her husband, John came to Lincoln 34 years ago. John started teaching at Wesleyan University at that time. Jean recently rejoined as a Friendship Force member. Jean taught Junior High and High School students. She speaks Spanish and taught Spanish. She lived in South America for six years and has traveled extensively. Jean thinks travel to Germany, Czech Republic, and Slovakia – places of John and her heritage would be of interest. Jean worked in the Lincoln-Lancaster Co. Health Department for twenty years. She believes in the importance of diversity in our community. She gives monthly talks at the Downtown Senior Aging Center.

Welcome back Jean.



friendship force

INTERNATIONAL

New Member Introductions continued

DAL RONNAU

Dal has known about Friendship Force “for ages”. He heard Laurie-Ann Scott give brief talks about it in the past. More recently, Friendship Force member Carolyn Harp shared information. Dal came to Lincoln for college in 1951. His career, as an engineer for the Nebraska Department of Roads, extended to 52 years. Dal, a widower, likes to read and ride his bicycle. He serves on the Lincoln Pedestrian-Bicycle Advisory Committee. He also is active with Girl Scouts, serving on their Community Advisory Board. Dal is a member of the Engineers Club of Lincoln. Dal’s daughter lives in Lincoln and his son lives in Massachusetts. **Welcome Dal to Friendship Force!**

BILL AND SAUNDRA ZIEG

Bill and Sandra joined the Friendship Force of Ft Worth, Texas many years ago. They have home hosted and Sandra has day hosted. Bill and Sandra lived in Lincoln from 1961 to 2000 when they moved to Sandra’s home state of Texas. Through the Lincoln Mayor’s Friendship Committee, they hosted visitors from all over the world. They are moving back to Lincoln as soon as they sell their Texas home. Bill plays piano

and occasionally two-piano music. They recently added a room to their Lincoln home for their two grand pianos and their paintings. Bill and Sandra have three sons and nine grandchildren. Son David took over his father’s dental practice in Lincoln. Son Paul has a plastics practice in Evansville, Indiana and son Mark is a pharmaceutical specialist in Boston. They look forward to returning to Lincoln and being involved in the Lincoln Friendship Force. **Welcome Bill and Sandra Zieg!**



GLEN AND JANE WITTE

Glen and Jane learned about Friendship Force from member, Loris Purtzer. Jane and Loris sat at the same table for a Lied usher appreciation dinner. Even though Glen and Jane have lived in Lincoln since 1985, they had not heard of Friendship Force. Glen and Jane came to Lincoln 33 years ago when Glen en-

rolled in law school. Glen, a pilot, enjoys flying an airplane owned by a group of guys. Jane loves photography, reading, entertaining and Olli classes – and much more. Glen is an attorney. Jane worked 25 years for the Arbor Day Foundation. She also did early childhood research and worked as an administrative assistant in agricultural economics. Glen is as member of Kiwanis and Havelock Business Association. He also belongs to an airplane club. Jane is a Lied volunteer, volunteers at a granddaughter’s school, and teaches a weekly class at Lincoln Literacy. She occasionally delivers Meals on Wheels. They have three daughters and one son and seven grandchildren. They have two “outdoor” cats. Their travel wish list includes New Zealand, Japan, Iceland and possibly countries in South and Central America. Glen and Jane look forward to learning more about Friendship Force. Day hosting may be of interest to Jane. **Welcome Glen and Jane!**

New Member Introductions continued



DONNA STEWART

New member Ruby James told Donna about Friendship Force. Donna originally came to Lincoln for college. She has lived in Lincoln a total of 36 years but also lived in Oklahoma and Arizona. Donna grew up in Sutherland in western Nebraska. Donna's significant other passed away in 2016 and a daughter following that – both to cancer. Her other daughter lives near Washington D.C. Her granddaughter lives in Fort Wayne, Indiana. She has five brothers and three sisters. Donna travels to be with family, from North Platte to Portland, Oregon. Her 19-year-old Shiatsu dog, Princess Pookie, died last year. She may “dog-sit” for the Humane Society. Donna sold real estate for fifteen years and worked as a loan officer for eight years. At that

time she taught handling of money to 4th and 5th graders. Donna assisted with the Habitat for Humanity Women's Build and may volunteer at their store at 46th and Y streets. She also did window treatments in homes, hospitals and hotels for J.C. Penny. Donna did eighteen total rehab projects. She is rehabbing her current home – new deck etc. Donna attended one Friendship Force breakfast. She enjoys associating with persons who share global traveling experiences. Her travel wish list includes Africa, Czech Republic, London, Ireland, Scotland, Italy, and Paris. She also loves bridge and travels in the United States in connection with that. Donna was just introduced to Pickle Ball and loves that, also. **Welcome Donna.**



PAT HUST

Pat originally learned about Friendship Force from a former member. Since her husband died in

2015, Pat finds traveling as a group appealing. Pat worked at the UNL Clay Center, NE Research and Extension before transferring to UNL online testing center in Lincoln. She retired in 2012 after thirty years with the University of Nebraska. Pat loves to read mysteries and travel books. She volunteers with the Czech Language Foundation, which raises funds for the Czech Language Program at UNL. Pat also ushers at the Lied Center. She volunteered at Lincoln Literacy and Southeast Community College English language learning programs. Pat's travel wish list includes Africa, Czech Republic, United Kingdom, Ireland and South American countries. A cruise with Friendship Force is also of interest. Pat is eager to find a niche for her involvement in Friendship Force. She has attended several of the breakfasts and the annual meeting. She is interested in the LEO dinners. Pat might also consider being a day hostess. **Welcome Pat.**

OPEN WORLD DELEGATES FROM AZERBAIJAN

By Pat King

The Open World Leadership Center is sending five young women from Azerbaijan to Lincoln to study "Women in Politics and Civil Society." They will be accompanied by a facilitator to assist them with language and travel difficulties.

The women will spend the week of November 4th meeting elected officials and community leaders, discussing the acceptance of women by the community, and developing methods of increasing women's involvement in their government and community. They will

also have an opportunity to observe Nebraska's election process.

The Open World delegates will be hosted by members of the Friendship Force of Lincoln. A committee from the Friendship Force is responsible for planning 40 hours of topical information, meetings, and tours for the women.

Open World, an arm of the U.S. Congress, introduces rising leaders of emerging countries to the importance of legislative functions in creating and sustaining democracies. This is done through the introduction of young leaders to the Ameri-

can democratic governing systems and free market operations.

Senator Ben Nelson is Chairman of the Open World Board of Trustees.

Friendship Force members will have an opportunity to meet the Open World delegates on Sunday, November 4 at a Welcome Party to be held at the Holmes Lake Apartments Clubhouse, 7100 Holmes Park Drive, at 4:30 p.m. The cost, including dinner, is \$8. Non-members are welcome. Reservation can be made by contacting Joanna Rogers, rkrohn@neb.rr.com or 402-484-8678.

THE FRIENDSHIP FORCE OF LINCOLN YEAR 2019 DUES NOTICE

Dues for the 2019 calendar year are \$40 for an Individual Membership and \$75 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 e-mails/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." It would be appreciated if you mail no later than Dec. 10, 2018.

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 _____ Mobile Number _____

E-mail _____

CATEGORY: _____ Individual-\$35 _____ Family-\$75 _____ Name Badge-\$9.00/\$11.00

Total Amount Enclosed: _____

2018 - 2019 Upcoming Dates - Mark Your Calendar

NOVEMBER

- 1 Board Mtg 6 PM First Lutheran Church, 1551 S. 70th Street
- 2-10 Open World
- 10 Breakfast 8:30 AM Stauffer's Café

DECEMBER

- 6 Board Mtg 6 PM Location to be determined
- 8 Breakfast 8:30 AM Stauffer's Café
- 14 Fire Spring Holiday Party

JANUARY 2019

- 3 Board Mtg 6 PM First Lutheran Church
- 12 Breakfast 8:30 AM Stauffer's Café

FEBRUARY

- 7 Board Mtg 6 PM First Lutheran Church
- 9 Breakfast 8:30 AM Stauffer's Café

MARCH

- 7 Board Mtg 6 PM First Lutheran Church
- 9 Breakfast 8:30 AM Stauffer's Café

APRIL

- 2-9 Outbound Journey to Austin, Texas
- 4 Board Mtg 6 PM First Lutheran Church
- 13 Breakfast 8:30 AM Stauffer's Café

MAY

- 2 Board Mtg 6 PM First Lutheran Church
- 11 Breakfast 8:30 AM Stauffer's Café

JUNE

- 6 Board Mtg 6 PM First Lutheran Church
- 8 Breakfast 8:30 AM Stauffer's Café

JULY

- No board mtg
- 13 Breakfast 8:30 AM Stauffer's Café
- 23-27 FFI Meeting Boulder, Colorado
-

AUGUST

- 1 Board Mtg 6 PM First Lutheran Church
- 10 Breakfast 8:30 AM Stauffer's Café

SEPTEMBER

- 5 Board Mtg 6 PM First Lutheran Church
- 14 Breakfast 8:30 AM Stauffer's Café

OCTOBER

- 3 Board Mtg 6 PM First Lutheran Church
- 12 Breakfast 8:30 AM Stauffer's Café
- ? Outbound Journey to Azerbaijan

NOVEMBER

- 7 Board Mtg 6 PM First Lutheran Church
- 9 Breakfast 8:30 AM Stauffer's Café

DECEMBER

- 5 Board Mtg to be determined
- 14 Breakfast 8:30 AM Stauffer's Café

