



PASSPORT

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FFL Annual Meeting—Sunday, August 14, 2022

Plan to join members for the **Friendship Force of Lincoln 2022 Annual Meeting** on **Sunday, August 14, 2022 at 2:00 pm** at the Clyde Malone Community Center gym located at 2032 “U” Street, Lincoln, NE.

Keeping in mind the current COVID situation as well as the temperatures, we will meet in the gym with chairs spaced apart, masks if you prefer, following the Department of Health guidelines. The snacks provided will be individually packaged.

We will be entertained by a newly formed STEP group at 2:00 pm and a speaker about the mission of the Malone Center. Following the program, we will have our business meeting and election of 2023 officers.

Since 1955, Malone has served families, youth, seniors, and the Lincoln community with inclusive social, cultural, educational, employment, and welfare services.

We believe that through enhanced understanding between all groups of people, we can create a better community.



Photos description: The venue of the FFL 2022 Annual meeting will be the gym at the Clyde Malone Community Center in Lincoln, NE.

August 14, 2022 FFL Annual Meeting Agenda

- Call the meeting to order
- Friendship Force [Pledge](#)
- Approval of 2021 Annual Meeting minutes
- Treasurer's Report/Audit
- Election of 2023 Executive Officers
- State of Friendship Force of Lincoln
- Committee Reports
- [Sing](#) together: *Let There Be Peace on Earth* by Vince Gill (lyrics on page 8)
- Meeting Adjourned

Get to Know the FFL 2023 Officer Nominees

The FFL Nominations Committee of Nancy Comer, Lois Katt, Arlene Rea and De Tonack are pleased to present the following slate of officers for FFL members' consideration at the Friendship Force Lincoln Annual Meeting on August 14, 2022:

President: Judy Keetle

Vice President: Wendy Horacek

Secretary: Ann Quinlan

Treasurer: Milt Bayer

Each nominee has been asked to answer five questions to help you get to know more about these people:

- 1) How long have you been a member of FF?
- 2) What are your qualifications for the office?
- 3) What is your favorite book/author or movie or TV show/series?
- 4) What is your favorite way to travel?
- 5) Something most people don't know about you.

Judy Keetle for President

How long have you been a member of FF?

My husband and I joined in 2010.

I rejoined after he died.

What are your qualifications for the office?

I have served as President of several local and statewide organizations, plus I love the purpose of FF and meeting people in their homes instead of just being a tourist

What is your favorite book/author or movie or TV show/series?

Scottish author Alexander McCall Smith's books

What is your favorite way to travel?

My favorite is car trips with family.

Something most people don't know about you.

I still love driving our Corvette.



Wendy Horacek for Vice President

How long have you been a member of FF?

I joined Friendship Force August, 2008 after I moved to Lincoln.

What are your qualifications for the office?

I have served as Treasurer and Journey Resource Coordinator and been active in most of the club activities.

What is your favorite book/author or movie or TV show/series?

"Bull" is my favorite TV series. I read a wide variety of books so I don't follow one author.

What is your favorite way to travel?

I like to travel with the FFL rather than a tour group. The groups are smaller and we get to know the people in the countries we visit.

Something most people don't know about you.

I was a high school cheerleader.



Ann Quinlan for Secretary

How long have you been a member of FF?

I joined in 2014 and my first journey was to Guadeloupe.

What are your qualifications for the office?

I have served as Secretary for the past two years and am currently serving as secretary for another professional teacher organization.

What is your favorite book/author or movie or TV show/series?

I enjoy watching "The Amazing Race" since it takes me around the world to places I have not had the opportunity to visit, and to some places that I have visited – although without the challenges!

What is your favorite way to travel?

My favorite way to travel is by car-touring which allows me to stop at interesting places and discover local wonders.

Something most people don't know about you.

I enjoy sewing and embroidery and have made three quilts; they are small. I usually take a needlework project with me on my travel.



Milt Bayer for Treasurer

How long have you been a member of FF?

My wife Gayle and I joined in October, 2004.

What are your qualifications for the office?

I am a retired Accountant.

What is your favorite book/author or movie or TV show/series?

My favorite TV series is "Jeopardy".

What is your favorite way to travel?

My favorite way to travel is by car.

Something most people don't know about you.

I am a veteran of the Navy.



From the FFL President August 2022

JUDY KEETLE, PRESIDENT

What an interesting year!

COVID was waning and then new variants appeared. It seems this will be something we will have to learn to live with in the future. Wearing masks, social distancing, hand washing, hand sanitizer, and self-isolation when appropriate will be part of our “new normal”. Some things have been canceled – FFL’s Outbound Journey to Central North Carolina and Inbound Journey from New Jersey - both due to low participation numbers and uncertainty regarding flights and programming. Some things have proceeded as planned –

Members have enjoyed being together at monthly Breakfast and Conversation and LEOs (Let’s Eat Out). The Service/Diversity Committee has been busy finding ways FFL can assist new immigrants to Lincoln. This spring FFL hosted five young people from Slovakia and Hungary and their guide who were part of the ALEX program. It was such a positive experience FFL will host another ALEX group this fall— see the article later in this newsletter.

On June 18 FFL members were invited to spend time with FF New Hampshire Seacoast visitors who were spending a day in Lincoln with their FF of Greater Omaha hosts. TACs (Thursday Afternoon Club) via Zoom have been

delightful. Many members learned about other cultures on Day Trips to the American Museum of Germans from Russia and the Swedish Cultural Center. Virtual journeys were enjoyed by many via Heygo. FF International has also offered new ways to learn more about our world without leaving home – book club, virtual journeys. Personally, I pretty much stayed home for two years, so this year I am taking three big trips – (1) a tour to the Passion Play in Oberammergau Germany and on to Austria and the Czech Republic in June, (2) a family trip to Williamsburg, VA and Washington DC, in July and (3) the FFI Festival at Sea in Aug/Sept.



Photo description: FFL members during Breakfast and Conversation at Stauffer’s Café on July 9th, 2022.



Meeting new people and traveling are great ways to expand ones’ horizons and learn new things. The FFI motto “a world of friends is a world of peace” is so true!





Happy Birthday

Your birthday is your special day! If we know your birthday, you will get a special email greeting from FFL sent by our Online Birthday Greetings Chair, JoEllen Polzien.

If we don't have your birthday yet, let Judy Keetle know the month and day at jkeetle2@gmail.com or 402-423-8618.

August birthdays were in the May newsletter.

September

- 21st – Judy Keetle
- 22nd – De Tonack
- 30th – Mary Cassner

October

- 1st – Cherrie Beam Callaway
- 16th – Ruby James
- 17th – Bruce Keim
- 27th – Julie Splichal
- 29th – Laurie-Ann Scott
- 30th – Mary Bryant
- 31st – Milt Bayer

November


- 2nd – Brian Ridenour
- 7th – Saundra Zieg
- 16th – Loris Purtzer
- 23rd – Judy Rogers
- 27th – Mollie George



FFL – Care and Concern

Courtesy — FFL Courtesy Chair, Gayle Bayer would like to send cards to FFL members who are ill, have suffered a loss, have achieved something noteworthy, etc.

Let her know at bayergayle@gmail.com.

Membership — Contact Membership Chair De Tonack at dtonack@neb.rr.com or 402-525-4264 if you know of someone who has an interest in learning more about Friendship Force. 



Let There Be Peace on Earth

FF Version of the Song by Vince Gil

Let there be peace on earth
And let it begin with me
Let There Be Peace on Earth

The peace that was meant to be

With friendship as our mission, family all are we

Let me walk with my brother

In perfect harmony.

Let peace begin with me

Let this be the moment now.

With ev'ry step I take

Let this be my solemn vow

To take each moment and live

Each moment in peace eternally

Let there be peace on earth

And let it begin with me



An Opportunity to Host ALEX October 29 - November, 6 2022

BY ARLENE REA

We are happy to announce Friendship Force of Lincoln has been accepted again to host an ALEX program October 29 through November 6, 2022. FFL members participating in the April-May ALEX felt it was such a worthwhile experience that we should host again if there was a possibility. We have been accepted!!

At this point in time, we will be hosting 10 to 12 students, ages 18 – 20 years, from Kyrgyzstan for a week.



Kyrgyzstan, officially Kyrgyz Republic, is a mountainous landlocked country in Central Asia. The Kyrgyz Republic is bordered by Kazakhstan to the north, Uzbekistan to the west, Tajikistan to the south, and China to the east. Its capital and largest city is Bishkek.



If you recall, the American Leadership Experience (ALEX) is a new short-term program offered by the United States State Department to approximately 900 students, ages 17 to 19 years, who couldn't participate in a 10-month long study abroad program in the United States due to the pandemic. The program will include a week in Washington, DC and then a week in host cities across the United States.

Very stringent protocols are being implemented to ensure students, staff and hosts are safe. Students must prove vaccinations for COVID, pass a COVID test before and during the travel and stays, and practice safety measures of masks and distancing. Home hosts, also, must follow safety protocols and vaccination status. Because young people are involved, home host(s) will need to undergo criminal

background checks. FFI will facilitate the checks.

This is a great opportunity for Friendship Force of Lincoln to host students from the Kyrgyz Republic. Our friends from Slovakia and Hungary proved to us how these young people care about their country, their families and their communities. They want to ensure their people live in freedom under a democratic way of life. They want and need to learn from us.



The planning is in the beginning stages, but we will need members to be a home host or day host, to provide a group meal, to plan day events and/or welcome/going away dinners, etc.

If you would like to participate in this wonderful opportunity, please contact Pam Freudenburg or Arlene Rea, Co-ALEX coordinators, at pfflower@icloud.com or arlenerea14@gmail.com.



2023 Journey Assignments

From FFI: “As you are aware, the pandemic has affected Friendship Force significantly over the past few years. While some countries are almost back to their pre-pandemic way of life, others are not. Countries are opening up to travel at different paces and, likewise, each club is figuring out their comfort level around hosting and traveling. FFI continues to respect each club’s preferences.

Due to the effects of Covid-19 and the war in Ukraine, the number of clubs willing and able to host in 2023 has been reduced. Some clubs that usually host multiple times each year have decided instead to host only once. Yet, at the same time, the desire for outbound travel seems to be as strong as ever.

We have tried our best to ensure that as many clubs as possible receive an outbound journey assignment for 2023, but the reasons mentioned above, this was not always possible.”

Inbound Journey assigned to FFL and scheduled in **September 2023**:

Farm to Table: How Science Impacts Your Food with Lincoln, USA, Special Journey

Outbound Journey assigned to FFL and scheduled in **July 2023**:

Lincoln, USA to Connecticut, USA

Who is the intended audience of the new website at www.friendshipforce.org?

In March 2021, FFI launched my.friendshipforce.org, our first ever private, password-protected website created **solely for FFI members**, offering them exclusive content and, eventually, the ability for members to interact with one another.

If you haven’t yet registered at the FF members website do so as soon as possible. The login address is [https://my.friendshipforce.org/en/users/sign in](https://my.friendshipforce.org/en/users/sign_in) . Each person must register in order to travel and have access to the many offerings of FFI.

This differs from our new public-facing website at www.friendshipforce.org, designed with the **future members** in mind. External visitors encountering Friendship Force for the first time can learn about who we are, what we do, and how to get involved as a member of a local or global club. The website’s content is unrestricted and is intended for access by the general public.



Photo description: Lunch with Greater Omaha Friendship Force members and their New Hampshire Seacoast Friendship Force guests. On June 18, 2022.

Dues Changes for 2023

The following motion was unanimously passed at the June 6, 2022 Board Meeting:

The Friendship Force of Lincoln Budget Committee moves that the 2023 Dues for FFL be \$50 per person eliminating the couple/family membership category.

Reasons for the motion:

- 1) FFI dues for 2023 will be \$30. (2022 FFI dues were increased to \$25).
- 2) FF Lincoln dues include FF International dues.
- 3) That leaves \$20 per person for FFL - the amount the club has been operating on for the past few years.
- 4) FFI dues are and have been per person, so the club has been absorbing the extra cost for more people in the couple/family.
- 5) The couple/family membership dues had been \$5.00 less (in 2022 \$45 for individual and \$85 for couple/family memberships). When there were several mailings each year (Passports, event notifications, etc.) only one copy was sent to each address, thus saving the cost of paper, ink, envelopes, and stamps. Since most things are now sent via email, this savings is no longer made.

FFL Bylaws revised September 27, 2020, Article IX, Section 1 (last two sentences):

“Two-thirds (2/3) of the Board of Directors must approve a change in the amount of annual dues. Notice of a change of dues must be published in the club newsletter at least one (1) month prior to the date of change.”

2023 dues are due on or before December 31, 2022.



Scotts and Dörpmunds

BY PHYLLIS ARTH

Laurie Ann Scott is a writer. You have benefitted from her communication if you have been with Laurie Ann on the many trips she served as Exchange Director. In her own words, Laurie Ann remembers the beginnings of FF International and our Lincoln club:

“Wayne Smith, a real visionary and the founder of Friendship Force, conceived the idea of planes crisscrossing the world with people on a mission to make friends across cultures, irrespective of race, religion, economics, politics, or any of the things that divide.

Thanks to the help of Jimmy Carter being elected president and reaching out to the governors of the United States in March of 1977, Wayne's idea was off and running! It almost hit a snag when the earliest journeys were priced so low that the organization almost went bankrupt! But it survived and Larry and I have been the beneficiaries as we have hosted and traveled and made friends

all over the world thanks to this amazing idea!”

“In 1980 my friend Alice Moore met with the movers and shakers of Omaha FF with some seed money and helped with the first ALL NEBRASKA exchange to Newcastle, England.

I rather think Lincoln might have officially morphed into a club instead of the Omaha/Lincoln joint venture when we hosted a club from Korea in '81. When our three little girls (9, 6, and 2) were so excited at the Omaha airport holding signs of welcome, our ambassador didn't show up! We learned one had become ill, but Lee Shinook, the young guide accompanying the Korean group, was happy to come home with us and we were thrilled!

The next year, I heard about an outbound journey on the radio and applied to go with our ten-year-old daughter. Thus began our 40-year friendship with the Dörpmund family from Hildesheim, Germany.

Three years later, I took our next daughter as a ten-year-old to Sweden, where the Dörpmunds met us and we all joined our Friendship Force group celebrating Midsummer's Eve. Then our youngest got her turn as we joined Brian Ridenour's journey to Tajikistan, where WE were feted and greeted with gifts in that it was quite unusual to have "Westerners" visit that Central Asian Soviet Republic.”

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Photo description: Ines and Helmut Dörpmund with Laurie Ann and Larry Scott in Amsterdam.

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old to Sweden, where the Dörpmunds met us and we all joined our Friendship Force group celebrating Midsummer's Eve.



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"Larry and I joined in 1981 and I think the dues were \$6. On my first OUTBOUND exchange, one of the ambassadors offered weekly classes in German all winter designed specifically for our purposes, "Ich habe ein kleine Geschenk für sie" (I have a little present for you," etc.). Also, before that exchange there was a gathering at Peony Park

featuring Wayne Smith and Ted Turner!"

"Our early home host exchanges were NOT scheduled to the hilt! I remember only the Government Day, a visit to Weaver's potato chip plant, the NETV station and a farewell picnic during one inbound. In fact, since we were from Kansas City, Larry and I would often take our ambassadors down there for a couple of nights, visiting the Truman Library, the Plaza, Liberty Memorial etc. with the bonus of meeting our extended families. One of our members took her ambassadors to the Black Hills every time they hosted! That might be seen as anathema now as every day is planned, but then we simply just checked with the ED and took off, maybe missing one activity, maybe not."

Through home hosting and leading Exchanges, the Scotts have made many, many global friends. Laurie Ann continues, "Our first hosts from Hildesheim, Germany have been our friends since 1982 and that friendship has only deepened since as we've reconnected nearly a dozen

times plus keeping in touch often by email.



We are visiting Germany again this August and going with them to the Passion Play in Oberammergau (postponed since 2020). It was the perfect match and it's longevity truly exemplifies the goals AND benefits of the Friendship Force!"

Laurie Ann and Larry shared this letter they received from their Hildesheim friends:

Dear Scotties,

Being in Gargnano I find the time to think about all the years back since meeting you! In spring 1982 the Doerpmund family applied for being a host for "friendship force" guests. We were accepted and luckily did have Laurie Ann and Kara Jean Scott for two weeks as our guests in our

home during the following summer. Every aspect between us suited perfectly: Laurie Ann, Helmut, and I had been born in the same year. Kara Jean and our daughter Christina are of the same age. That was a perfect start for further activities and contact! Only our son Thies -then five years old- wasn't very happy to hear this "etchi-detchi" language he couldn't understand (yet) in our home all the time. We did have a wonderful time together which carried on when Laurie Ann visited us with her daughter Erin Ann two years later. Remember in those years it was not as easy as today to stay in contact as usually it took letters five weeks before they arrived in Lincoln or Hildesheim! This fact didn't hinder us because we had been accustomed to it. In 1963/64 I had been an exchange student

in Ft. Worth/TX. My American family never gave up to stay in contact with me as well as the exchange student from Michigan who had stayed in my family for a year. It seemed to me that these very light blue letters had the hardest time to cross the Ocean. - Today we have internet, write emails, and get answers faster than you can think of. That makes keeping in contact so much more easy. Laurie Ann is an excellent letter writer! She let us take part in her family life and keeps us being active to respond.

Luckily all Scotties have been ready to move and travel! This way we were very happy to have them in our home in



Hildesheim where they learned our German way of life. I will never forget how Larry enjoyed the view from our "Wintergarden" - the view on our street where there is always a lot of activity: all different cars driving, people walking their dogs, children running or riding their bicycles.

On the other hand the Scotts family showed us their way of life: We got to know their home, their Church, and the girl's school when the Dörpmunds visited them in Lincoln.

This year the dear Scotts and the Dörpmunds know each other for 40 years!!!!!!! Isn't that a present to be grateful of! Thank you

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for letting stay us in your thoughts with! You have very deep roots in our hearts!

Love,

Helmut and Ines

“Larry finally decided he could get away from our family business and joined me in leading a group to Australia with 63 ambassadors...in fact it was so large we split into two groups. Our departure was interrupted by a snowstorm that not only cancelled flights but cancelled Halloween in Lincoln!

Since then I have been an exchange director (what we call today “journey

coordinator”) any number of times, finally specializing in developing programs that people from all over the Friendship Force world could join that were a bit unusual, such as Cuba, China, and the Middle East or developing programs where we have few or no clubs, such as France, Spain and Portugal. I also have been asked to help plan and present programs at international conferences and trouble-shoot here and there and try to get new clubs off the ground or re-energize older ones. It helps to be an extrovert as I have made a complete fool of myself as “Matilda” many times. Matilda is a fictional

contrarian FF bidy from Peculiar, Missouri who does EVERYTHING wrong and misinterprets most good ideas turning them upside down and astonishing the uninitiated. She usually appeared uninvited in hair rollers, a robe and outrageous fuzzy slippers due to some timing disaster.”

“I think we were the Rick Steves of travel before Rick Steves! It is so important to get to know the people and I try to travel with that in mind, even if I'm not on a Friendship Force journey. As Mark Twain put it, “Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on those accounts.”

Laurie adds, “One more thing...I know there are people who are reluctant to stay with “strangers!” Although we had hosted half a dozen times, Larry was “one of those!” Of course, that was “all in his head” as he got along just as well as an outgoing ambassador as hosting incoming ambassadors! Now he loves to quote, “There are no strangers here...only friends we have yet to meet!”



Pat King

BY PHYLLIS ARTH

Pat King joined Friendship Force in 1983. Pat is currently serving on the FFL Diversity Committee.



Pat has also served on several Open World committees. In Lincoln, NE the Open World organization often depends on Friendship Force members to organize events and activities for the travelers. For those exchanges, the travelers declare a theme for study and FF hosts schedule discussions and specialists. Ukrainians have come twice in 2018 and 2019, once with a medical theme, and once with a government focus. The Russian attack on Crimea and Ukraine's eastern border were underway, adding an urgency to participants questions and discussions. The travelers were

scheduled to visit with Unicameral Senators and be awarded honorary Nebraskan citizenship. Members of the press heard about the interchange and came to the Capitol to cover the story, to highlight Ukrainian concerns.

Newspaper, radio and TV – oh my!

Pat reports working with the Open World Committees was fulfilling and hectic. They were busy scheduling themed speakers, fun side trips to local sights, home hosts, dinner hosts, informative lectures, Unicameral recognitions, daily transportation to multiple events, shopping excursions, a closing banquet – and more.

Pat has packed her suitcases for more than 20 outgoing Exchanges.



You might have heard the jingle "I've Been Everywhere, Man." Pat King visited

Columbia, Israel, Ireland, Portugal, Tajikistan, Hong Kong, Thailand, Chile, Tierra del Fuego, Costa Rica, Wales, South Africa and Kenya, England, Japan, Vietnam, Nova Scotia, Brazil, Mexico, Guadalupe Islands, Ecuador, and Galapagos Islands.

Pat took her son and daughter to Australia, helping Laurie Ann Scott lead the second section of the group of 63 ambassadors. Pat's daughter and son-in-law also accompanied her to Italy.

Back in the 1980s, "Exchange" and "Exchange Director" (ED) were the terms used then, now replaced by "Journey" and "Journey Coordinator"

Pat was the ED for many of those Exchanges and served on the planning committee for most of the trips she joined.

Communication and scheduling for Exchanges was done by letter writing – with weeks needed for each side of the conversation – and international phone calls with pricy bills. The ED kept track of communication fees for reimbursement. Now emails and texting apps make communicating practically free and

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instantaneous.

After the trip details were finalized, the planning committee conducted three meetings of ambassadors to learn about language and customs and expectations. Occasionally folks dropped out when they learned FF travel did not involve luxury hotels and stressed long term friendships with the home hosts and locals. Pat has found luxury travel - in Cali, Columbia her host sent her maid to carry Pat's iced tea during the day's hike.

One of the trips most interesting to Pat was to Tajikistan, then a Republic of Russia. The Tajik people were not accustomed to American visitors, so FF travelers were treated both as royally and as oddities. Home stays did not work out, but families often provided breakfast and dinner, seeming to invite whole neighborhoods to see and laugh with Americans.

Pat has also enjoyed "the second week" of FF Journeys. These destinations are often suggested by ambassadors as ED's plan the first leg of events.

The FF travelers are already far from home yet so near to exciting places. Pat enjoyed

Machu Picchu after Peru, boating down the Amazon River after Cali, Columbia, and Egypt, after Israel.

After Brazil, Pat experienced Racife, Campania, then Iguazu Falls and The Pantanal.

That is one of the few places Pat would return, to spend more time and energy at The Iguazú Falls. The waterfalls of the Iguazu River on the border of Argentina and Brazil are the largest waterfall system in the world. The 275 falls divide the river into the upper and lower Iguazu. Taller than Niagara and wider than Victoria, they are one of the seven Natural Wonders of the World.



And speaking of spending more time - during that Exchange to Brazil, Pat attended church with her Brazilian host family where she was astounded at the raffle that was held at the end of the service to make sure parishioners stayed to the end.

In South Africa, Pat got stuck in a bathroom. One evening her host family's high school son, a very popular boy, was being teased by girlfriends and hid in the family bathroom where a fun scuffle broke the doorknob. This event went unreported to the family. The following morning her home host went to work, the boy went to school. Pat went to the bathroom after everyone left, only to find herself locked in and bars blocking the open bathroom window! She hollered and shouted! Police came. Pat reported the boy's name, and he enjoyed even more attention as Police took him home to rescue Pat. He even tried to skip the rest of the school day to accompany FF visitors on the day's trip to a vineyard. For the rest of the Journey Pat's fellow travelers teased threats to accompany her on every bathroom visit.

Pat's philosophy of travel: "There's no place like home, except for the home of a newly found Exchange friend." She once opened a fortune cookie that stated, "Travel is essential to your well-being." She breathed a sigh of recognition.



LEO at El Potro Mexican Restaurant

BY BRUCE KEIM

The May LEO (let's eat out) was held at the El Potro Mexican Restaurant on Thursday May 12th, 2022. Fourteen members of the Lincoln Friendship Force Club attended and we were able to finish before the storms rolled in that evening. The restaurant turned out to be a pleasant surprise with many new items that are not found in many of our traditional Mexican restaurants.

Naomi, our waitress, was a bit shy but did an excellent job of explaining the restaurant and menu to our group. Naomi has not been in Nebraska very long.

She has enjoyed Nebraska very much and also appreciated the fact that we chose her restaurant for our LEO.

Naomi had several new items on the menu. Camarones Tropical (shrimp) is the item I selected and it was excellent. It included grilled shrimp cooked with cauliflower, broccoli, onion, yellow zucchini, bell peppers all put over a bed of rice. It was served with some lettuce, pico de gallo and guacamole. I personally have not found this at other Mexican restaurants in the Lincoln area. It was also available as Pollo Tropical which included chicken.

Another selection that several had was the House Specialty Fajita Fiesta which included chicken, shrimp, and chorizo sausage on a sizzling hot platter. It was topped with marinated steak and cooked with bell pepper and onion.

Charro Beans, a traditional Mexican side dish. Named after the traditional Mexican Cowboy or Charros. It included pinto beans stewed in onion, garlic and bacon and was very tasty.



If you were not able to attend that night and are looking for a good Mexican restaurant I would say take the time to stop at El Potro. As one member said that evening, "I would eat here again"!

Check out the [2022 Calendar of FFL events](#) for upcoming LEO destinations planned by Bruce and Carlene Keim, and Sara Stephenson, LEO committee members, and join us!



LEO at Koen Japanese BBQ & Sushi

BY BRUCE KEIM

The Lincoln Friendship Force July LEO was a unique experience at the Koen Japanese BBQ & Sushi restaurant held on Monday July, 18th, 2022 with sixteen members in attendance. "Koen" in Japanese means "a gathering place". We sat around small smokeless grills that vented the smoke out and that would accommodate 4 to 6 people. They did an excellent job of answering questions and assisting our group that night. He brought out marinated meats and

vegetables and started the grills. Each table then grilled the meats and vegetables as they liked.

Some tried Japanese beverages such as hot Sake or Japanese beers like Asahi or Sapporo. To top off a great meal, Tempura Ice Cream was one of several desserts on the menu; it is

described as vanilla ice cream wrapped with pound cake topped with whipped cream and assorted syrups.

The next LEO destination is scheduled on **September 13th, 2022 at 5:30pm** at Napoli's Italian Restaurant at 5571 S 48th, Lincoln, NE.

Thank You, Bruce and Carlene Keim, Sara Stephenson and LEO committee members for helping us get together for great food in great company!



An Update about Resettlement of Refugee Families

BY NANCY COMER

The Diversity Committee has been searching for ways to help the Afghan refugees. We have been given a list. When you come to the Annual Meeting, August 14, please bring a roll of toilet paper, box of tissues, diapers, body wash or a basic children's book...or a financial donation. We will make sure they are distributed to a needy Afghan family.

The FFL Diversity /Service Committee invited more than 20 FFL members who expressed interest in helping refugees and immigrants resettle in Lincoln to attend a zoom meeting and learn more about ways FFL could support the new arrivals.

Being summer, we offered some choices, selecting June



21, when the largest group could attend, to meet with Karen Wolken, a volunteer with Lutheran Family Services. Karen, a newly retired teacher who resides

in Tecumseh, said she wasn't ready to take a job with required hours and set schedule, but was ready to do something meaningful so she became an advocate for a newly arrived Afghan refugee family.

Karen's advocacy mushroomed into an amazing experience that has often taken her out of her comfort zone and beyond





her knowledge base. Most importantly she says, “it has filled my heart and expanded my understanding of what it means to love thy neighbor”.

Repeatedly, Karen told us she was not an expert, just a

lay person volunteer sharing her personal experience. An example was arriving at the family’s apartment to find one child ill; Karen had to run out and find a digital thermometer and teach the family how to use it.

There were, and continue to be many challenges as the young parents and their children adjust to an entirely different culture and language. An example was when the family removed their table and chairs, as they preferred to eat their meals on the floor similar to how they lived in their Afghan village. Only fresh fruits and vegetables, not canned goods were their food choices.

After their arrival, the young mother had a traumatic experience when she had to give birth in a hospital with strangers, and not with her mother or familiar women.

The need is real. The stories are heart-wrenching, and the refugees are here in our community becoming part of Nebraska the Good Life. The two older children who attend elementary school are helping with the transition. The father has a job now and he interacting with others outside the home. The women, who stay home with the babies and young children, are the most isolated.

Thank you.

FFL Diversity/Service



2022 Calendar - Friendship Force of Lincoln

FFL Board Meetings 1st Monday of each month at 1:00pm, except no meeting in July
Breakfast and Conversation 2nd Saturday of each month at 8:30am
LEOs and TACs several times each year — watch for emails with details

August

- 1st – FFL Board Meeting, 1:00pm at [First Lutheran Church](#)
- 13th – Breakfast and Conversation, 8:30am at [Stauffer's Café](#) , 5600 S 48th St.
- 14th – Annual Meeting on Sunday, August 14th afternoon at Malone Community Center, 2032 U St.

September

- 5th – FFL Board Meeting, 1:00pm at [First Lutheran Church](#)
- 10th – Breakfast and Conversation, 8:30am at [Stauffer's Café](#) , 5600 S 48th St.
- 13th – LEO, [Napoli's](#), 5571 S 48th, 5:30pm

October

- 3rd – FFL Board Meeting, 1:00 at [First Lutheran Church](#)
- 8th – Breakfast and Conversation, 8:30am at [Stauffer's Café](#) , 5600 S 48th St.
- 13th - TAC via ZOOM, 4:30pm – 5:30pm; topic “Let's remember dear ones that are no longer with us.”
- 29th—Nov 6th—ALEX visitors here

November

- Oct 29th—Nov 6th—ALEX visitors here
- 7th – FFL Board Meeting, 1:00 at [First Lutheran Church](#)
- 10th - TAC via ZOOM, 4:30-5:30; topic: “What are you thankful for this year?”
- 12th – Breakfast and Conversation, 8:30am at [Stauffer's Café](#) , 5600 S 48th St.
- TBD – LEO

December

- 5th – FFL Board Meeting, 1:00
- 8th - TAC via ZOOM, 4:30-5:30; topic: “Let's talk about winter holidays and traditions!”
- 10th – Breakfast and Conversation, 8:30am at [Stauffer's Café](#) , 5600 S 48th St.
- TBD – Holiday Party

FFL Board Members 2022

Officers

Judy Keetle, President, Passport, Website.....

Maxine Moul, Vice President.....

Ann Quinlan, Secretary.....

Milt Bayer, Treasurer.....

Committee Chairs

Arlene Rea, Past President, Passport, ALEX.....

Linda Kistler, Breakfast and Conversation.....

Betty Starr, Historian.....

Wendy Horacek, Journey Resource Coordinator.....

Carlene Keim, LEO (Let’s Eat Out).....

Bruce Keim, LEO (Let’s Eat Out).....

Sara Stephenson, LEO (Let’s Eat Out).....

De Tonack, Membership Chair.....

Maxine Moul, Membership Communications.....

Gayle Bayer, Membership Courtesy.....

Arlene Rea, Membership Directory, Nominating.....

Julie Albrecht, Open World.....

Publicity/Marketing.....

Nancy Comer, Service/Diversity.....

Julie Splichal, Social.....

Sara Stephenson, Social.....

Dorina Mahler, TAC (Thursday Afternoon Club, Newsletter Formatting).....

Ad Hoc Committee Chairs

Janice Jones, Audit.....

Gerald Poppe, Audit.....

Lee Rockwell, Day Trips.....

Laurie-Ann Scott, FFI Liaison.....

Brian Ridenour, Review Policies & By Laws.....

Sylvia Griffith, Virtual Journeys.....



Past editions of ‘Passport’ are available on the [FFL website](https://friendshipforcelincoln.org/): <https://friendshipforcelincoln.org/>