



PASSPORT

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FFL Holiday Luncheon and Concert on December 4, 2022

BY JULIE SPLICHAL

The FFL Holiday Party at Doane University in Crete was a fun kick off to the holiday season. A delicious luncheon was served in a private dining room decorated with a festive peppermint theme. President Judy Keetle spearheaded a unique bingo game featuring domestic Friendship Force Clubs. Every participant left with a prize generously donated by board members. There was also a drawing for the embellished poinsettia plant centerpieces before making the short walk to the auditorium for the concert.

Doane University's 31st Annual Holiday Festival Concert featured their music department's instrumental and vocal students. At the onset of the concert, the conductor requested applause to be held to the end of the performance. Without pause beautiful music seamlessly flowed as various performance groups entered from the front, back, and sides of the auditorium. The concert was culminated with a well-deserved standing ovation for these talented students. It's safe to say, participants left the FFL Holiday Party in the Holiday Spirit.

Photo courtesy of Doane University Music Department: Students rehearsing for the Christmas Festival performance on November 28, 2022.



From the FFL President April 2023

JUDY KEETLE, PRESIDENT



It is exciting to begin another year of The Friendship Force of Lincoln's committees, activities, and journeys.

To get the most out of your membership (1) come to all of the activities you can, (2) get involved in a committee, (3) keep being the wonderful, welcoming people that you are.

You will receive the Passport newsletter via email quarterly (Feb, May, Aug, Nov), as well as frequent emails from me to keep you informed of things going on with the Friendship Force of Lincoln (FFL).

We will continue programs and committees that have been successful in the past, as well as look for new ways to bring value to FFL

members. Your ideas and input are always welcome.

Check out the FFL calendar in this newsletter. There is a lot happening, so put these dates on your calendars so you don't miss out. We meet regularly for Breakfast & Conversation (B&C) on the 2nd Saturday morning of each month, and Let's Eat Out (LEO) meals periodically. Guests are always welcome. FFL Board Meetings are on the 1st Monday of each month. Members are always welcome to attend. Watch for FFL emails from me and follow FFL on Facebook.

In 2023, FFL will host an Open World group of Romanian preschool and kindergarten principals July 28-Aug 5, and host a Special Farm to Table journey Aug 24-Sept 1. Let me know if you would like to help with one of the incoming groups.

I am looking forward to living out the Friendship Force International motto "a world of friends is a world of peace" with friends in Lincoln and from far away places.



Happy Birthday

Your birthday is special! It's a time to celebrate you! If we have the date of your birthday, you should receive an email greeting from the FFL Virtual Birthday Chair, JoEllen Polzien. You may want to send a greeting too. Dec, Jan, and Feb birthdays were printed in the November Passport newsletter.

March

- 4th – Joyce Michaelis
- 4th – Ann Quinlan
- 10th – Jane Kinsey

April

- 27th – John Comer

May

- 5th – Jacque Scholz
- 8th – Larry Scott
- 9th – Bridget Disney
- 17th – Wendy Horacek
- 18th – Linda Kistler
- 26th – Vicki McDonald

If your birthday isn't listed, or if you no longer want to receive greetings from JoEllen, please let her know.



FFL Members Donate Items to Afghan Family

BY NANCY COMER AND JANET WALTERS

Several FFL members brought home goods items to the Holiday Party on December 5, 2022 that were then delivered to the Afghan family we have been helping. Two big boxes were filled with tissues, paper towels, diapers, soap, cleaning supplies, and other things.

We received the following note from Karen Wolken, the volunteer with Lutheran Family Services who works with our family:

Dear Friendship Force,

Thank you for the generosity extended on behalf of the Afghan refugee family this Christmas. The goal is to help the family become independent and self-sufficient, but the language, education, and cultural barriers as well as the size of this young family present significant hurdles. They are doing well with the help of so many from the community.

Thanks,

Karen Wolken 



FFL Things to Know — April, 2023

Courtesy

If a card should be sent to an FFL member because of illness, death of a loved one, achievement, etc. let Gayle Bayer know at bayergayle@gmail.com so she can send a card.

Facebook

FFLs Facebook account has a new Chair, Vicki McDonald. Be sure to add the FFL Facebook page to your favorites and recommend it to your friends.

<https://www.facebook.com/profile.php?id=100043666047123>

Fitness/Walking Group

Kathy Spahr, former PE teacher, is Chair of a new committee designed to provide opportunities involving physical activity so FFL members can have fun together. Watch for emails with details about events.

Membership

If you know of someone who would like to know more about Friendship Force, let Membership Chair De Tonack know at dtonack@neb.rr.com so she can contact them. Be sure to invite your friends to FFL events.

Program Committee

Now that society is opening up and we can do things together in groups again, it is time to get ideas of fun activities and programs for FFL members. If you are interested in attending a brainstorming session, let Judy Keetle know at jkeetle2@gmail.com.

Update Your information on the FFI Website

- (1) Go to my.friendshipforce.org,
- (2) Enter your email and password,
- (3) Click on “My Dashboard” on the left side of the screen,
- (4) Click on ‘My Profile Setting’ in blue on the upper right side of the screen,
- (5) Update your information.



FFL Members Enjoy the LEO at Tiru Ethiopian

BY BRUCE AND CARLENE KEIM AND SARA STEPHENSON

Ten FFL members met on November 17 at Tiru Ethiopian restaurant where we enjoyed family favorites of Ayalem Demissie and her husband Shimelis Gebru who are the co-owners of the restaurant. Both are from Ethiopia and they came to Lincoln in 2004. They opened Tiru in January of 2019. The location was a little tricky to get to from 27th street. Once there, the restaurant was very clean and welcoming inside.



Ayalem explained to our group how the spongy flatbread called Injera is made; Injera was included with most of our food selections. Behind our table on the wall was a large bowl filled with brown Teff seeds. This is the grain that is used to make the flour for the Injera bread.

My first choice was a large portion of the Lentil soup, which contained Ethiopian spices and vegetables. It was very good!

For the main dish, I ordered the beef Tibs, which included chunks of beef, onions, jalapeno, rosemary, and fresh tomatoes seasoned with garlic and a herb sauce. I chose the not so spicy option and I think it is an item most people would have enjoyed. Carlene



chose the Lamb Wot made

of tender lamb chunks simmered in berbere sauce with ginger, cardamom, carrot, potato, and turmeric, all blended into a very colorful mild dish.

Ayalem also showed the group her display of a traditional Ethiopian dining area and tea service where guests would sit on the floor for the meals. She was very thankful that we had chosen their restaurant for our last LEO of 2022.

Hope to see everyone in 2023!



FFL New Member—Midge Dublinske

BY MIDGE DUBLINSKE

Hi, my name is Midge Dublinske, and I am a new member of Friendship Force-Lincoln for January 2023. I first heard of Friendship Force of Lincoln from friends, Jim and Arlene Rea. At first, I thought it was a travel club, but after more discussions and having the opportunity to be an unofficial day host for the students in late October 2022, I realized it was much more than that. I feel this is an excellent opportunity to participate, connect, and educate others about our community and state.

I am a native of Sioux City, Iowa where I attended parochial schools of St. Boniface Elementary and Heelan Catholic High School. I am the youngest of three children. I received my Bachelor's of Science degree from Briar Cliff College in Teaching and Coaching with emphasis on Physical Education, Biology and Life Sciences, and Coaching. I received my Master's of Science Degree from Doane College with emphasis in Instruction and Curriculum Development. I had three fantastic careers before I retired in 2013.

I was a teacher and coach for 18.5 years, mostly in rural Nebraska public schools. I taught K-12 physical education, biology, advanced biology, life and earth sciences. I coached volleyball, basketball and track for junior high and high school girls, and I was an athletic director.



Then I decided that I wanted a sane job and came to Lincoln in 1995 to work at the Nebraska State Education Association as a UniServ Director for another 18.5 years.

I served many rural school districts in the central part of the state and I was involved in the New Leader Institute for seven of those years.

Continued on page 7

Photo caption: John Peirce Mansion, 2901 Jackson St, Sioux City, IA 51104

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After a very rewarding career working with Nebraska public school teachers, I decided that I had enough of driving 35,000 mile per school year, and retired in 2013.



My last and best career was that I am the parent of an amazing young woman, who makes a difference in peoples' lives every day. My daughter, Julie, lives in Lincoln and is a Licensed-independent Mental Health Practitioner and owns her won therapy practice as part of Lincoln Wellness Group.

Photo caption: AMTRAK's California Zephyr train travels from Chicago, through Denver, Glenwood Springs to Emeryville (San Francisco)



My interests over the years have included being a 4-H leader in Madison County, a member of the Norfolk Frontiersman Muzzleloader Rifle Club, camping, golfing and gardening. I mostly enjoy any activity which is outdoors, in nature off the beaten path, at the ocean, or in the mountains.

I am currently a Master Gardener and a Certified Nebraska Master Naturalist. I have traveled to Japan and South Korea, as well as enjoyed cruises to Alaska and the Caribbean. One of my favorite trips was on the California Zephyr from California to Nebraska in the Fall of 2017 with stunning scenery and interesting people from all over to converse.

I look forward to participating in and contributing to the activities of Friendship Force-Lincoln.



FFL— Fun Membership Activity — "Speed Traveling"

BY DE TONACK, JUDY KEETLE, DORINA MAHLER

Seven presenters, each at separate tables spread around the large meeting room at the Eiseley Branch of Lincoln Public Library shared their stories, maps, photos, mementos, etc. from their trips on a sunny Sunday afternoon on March 05, 2023.

De Tonack coordinated this great opportunity for our members to share their memories and travel advice with each other. Much like musical chairs, each small group was seated at one table for about eight minutes to learn about that country. When the bell rang,, each small group moved to the next table, etc. until all seven stations have been "traveled". FFL members learned about Uganda and Kenya from Betty Starr; about Portugal from Julie Albrecht; about Morocco from Carol Myers; about Azberjaan and Georgia from Wendy Horacek; about the FFL cruise to Holland, Norway, Iceland, and Scotland from Judy Keetle; about Mexico from Milt and Gayle Bayer; and about Russia from Barb Ritter. The afternoon ended with refreshments and time for conversation.



Photo caption: Milt and Gayle Bayer are sharing their Mexico memories while turning pages from their scrapbook.



Photo caption: Traditional Russian painted wooden spoons and dishes displayed by Barb Ritter.



Photo caption: Judy Keetle's FFI Cruise picture. She brings embellishments, badges, magnets and other small artifacts from her travels and she uses them to create a fancy photo frame for a special picture taken during the trip.



FFL Members go to Sabor Latino

BY BRUCE AND CARLENE KEIM

The first LEO for 2023 was held Saturday March 25th at Sabor Latino Restaurant located in University Place on 48th street.

It must have been the warmer weather and the great food that motivated 20 FFL members to enjoy great food in great company—one of the larger LEOs we've had in a while!

Sabor Latino has a very large menu that includes both Honduran and Mexican dishes. Our waiter Hosea took time to



explain to the group the difference in Honduran and Mexican: Honduran foods are usually less spicy and not as hot as the Mexican dishes. Hosea also took time to explain what was included in many of the items on the menu.

One of the Honduran foods called a Baleada was served three different ways. I chose the Supreme Baleada which is a large tortilla filled with avocado, scrambled egg, beans, cheeses and my choice of meat (steak).

Carlene picked out Pollo con Tajadas—a huge plate that included fried chicken covered with green bananas, cabbage, pico de gallo (Mexican Salsa), and a Honduran sauce/relish. Both items were very tasty and had large portions.

The atmosphere was great and we enjoyed the nicely redone rooms



FFL Members go to Sabor Latino — next LEO in May

with plenty of tables to seat all 20 Friendship Force members that attended the March LEO.

Our next LEO will be an out of town event on Wednesday May 3, 2023 at 11:30AM. We are going to the Abie's Place restaurant in Abie, NE which is located about 30 minutes north and west of Wahoo, NE.



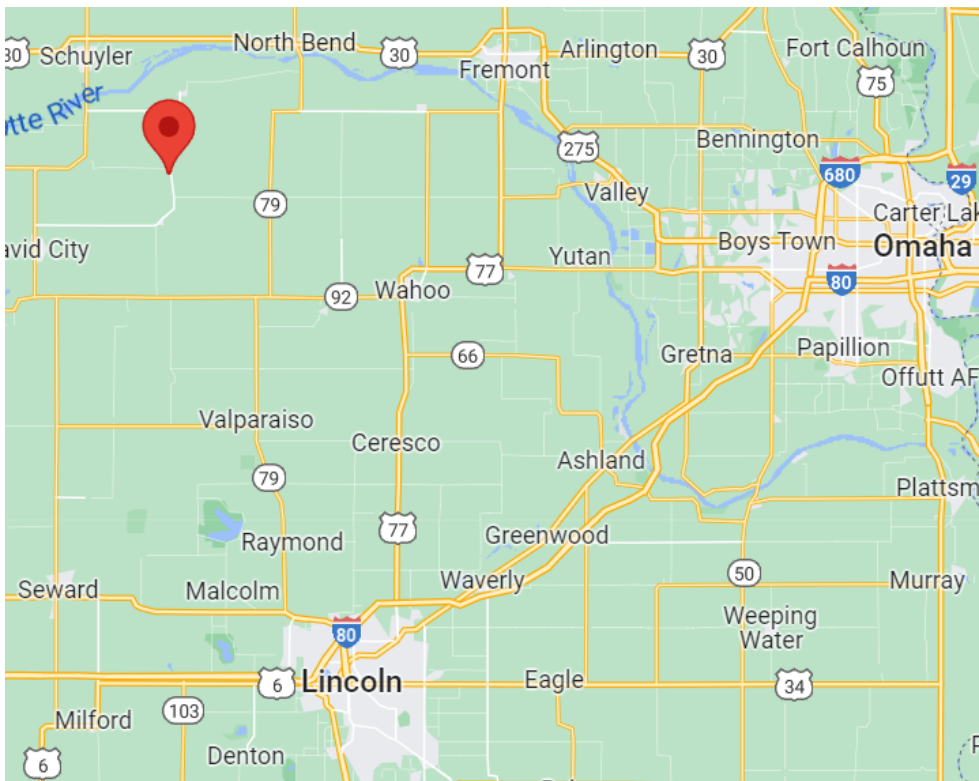
Abbie's Place menu offers a Czech meal that includes Roast



Pork, potato dumplings, sauerkraut, gravy and rye bread. The drive is about 1 hour from 27th street and interstate 80 intersection (north side of Lincoln). We will send out an email with information closer to the event.

Also thanks to everyone that emails me back that they are going as it really helps the restaurant have things ready for our LEO group!

Hope to see everyone in May in Abie, Nebraska!



2023 Calendar - Friendship Force of Lincoln

FFL Board Meetings 1st Monday of each month at 1:00 pm, except no meeting in July
Breakfast & Conversation, 2nd Sat of each month at 8:30 at Stauffer's
Let's Eat Out (LEO) several times each year

Passport newsletter articles and photos due to Judy by Jan 25, April 25th, July 25, Oct 25
Passport newsletter, 4 times each year - Feb 15, May 15, Aug 15, Nov 15

January

9th – FFL Board Meeting, 1:00 at Gere Library
14th Breakfast & Conversation, 8:30 at Stauffer's

February

6th – FFL Board Meeting, 1:00 at Gere Library
11th – Breakfast & Conversation, 8:30 at Stauffer's

March

5th – Friendship Force Speed Traveling, 2:00-4:00, Eiseley Branch Library
6th – FFL Board Meeting, 1:00 at Gere Library
11th – Breakfast & Conversation, 8:30 at Stauffer's
25th – LEO, Sabor Latino ,2701 N 48th Street, Lincoln, 11:30 am

April

3rd – FFL Board Meeting, 1:00 at Gere Library
8th – Breakfast & Conversation, 8:30 at Stauffer's

May

1st – FFL Board Meeting, 1:00 at Gere Library
3rd – LEO, Abies Place, 101 Ash Street, Abie, NE, 11:30 am
13th – Breakfast & Conversation, 8:30 at Stauffer's

June

5th – FFL Board Meeting, 1:00 at Gere Library
10th – Breakfast & Conversation, 8:30 at Stauffer's
13th – LEO, Green Gateau, 330 S 10th St, 5:00 pm

2023 Calendar - Friendship Force of Lincoln — Continued

July

No Board Meeting in July

8th – Breakfast & Conversation, 8:30 at Stauffer’s

18th – LEO, Florio’s, 7300 S 13th St, 5:00 pm

28th - Aug 5th – Open World preschool & kindergarten principals in Lincoln

August

5th - Open World group departs

7th – FFL Board Meeting, 1:00 at Gere Library

12th – Breakfast & Conversation, 8:30 at Stauffer’s

24th – Sept 1st – Inbound Farm to Table Special Journey

TBD – Annual Meeting to be held in Aug or Sept

Officer nominations list due to board 60 days prior to annual meeting and to membership 30 days prior to annual meeting.

September

1st – Departure for Farm to Table Inbound Journey

4th – FFL Board Meeting, 1:00 at Gere Library

9th – Breakfast & Conversation, 8:30 at Stauffer’s

TBD – Annual Meeting to be held in Aug or Sept

October

2nd – FFL Board Meeting, 1:00 at Gere Library

7th – LEO, Asian Taste, 501 West A St, 11:30 am

14th – Breakfast & Conversation, 8:30 at Stauffer’s

November

6th – FFL Board Meeting, 1:00 at Gere Library

11th - Breakfast & Conversation, 8:30 at Stauffer’s

December

4th – FFL Board Meeting, 8:30 at Gere Library

9th – Breakfast & Conversation, 8:30 at Stauffer’s

TBD – Holiday Party

2024 dues are payable by Dec 31, 2023



FFL Board Members 2023

Contact information can be found in your 2023 Directory

- Judy Keetle**, President.....
- Wendy Horacek**, Vice President.....
- Ann Quinlan**, Secretary
- Milt Bayer**, Treasurer.....
- Arlene Rea**, Past President, Directory.....

Standing Committee Chairs

- Linda Kistler**, Breakfast & Conversation
- Julie Albrecht**, COIL (Open World).....
- Phyllis Art**, Historian
- Pat King**, Journey Resource Coordinator.....
- Carlene Keim**, LEO (Let's Eat Out)
- Bruce Keim**, LEO (Let's Eat Out)
- De Tonack**, Membership Chair
- Gayle Bayer**, Membership Courtesy.....
- Vicki McDonald**, Membership Facebook.....
- JoEllen Polzien**, Membership, Online Birthday Greetings
- Nancy Comer**, Service/Diversity
- Janet Walters**, Service/Diversity.....
- Julie Splichal**, Social Co-chair
- Jim Ecklund**, Website Maintenance.....
- Dorina Mahler**, TAC (Thursday Afternoon Club), Newsletter, Photographer.....

Ad-Hoc Committee Chairs

- Lee Rockwell**, Day Trips.....
- Laurie-Ann Scott**, FFI Liaison.....
- Brian Ridenour**, Review Policies & Bylaws
- Kathy Spahr**, Walking / Fitness Group.....

Past editions of 'Passport': <https://friendshipforcelincoln.org/newsletters/>



The Friendship Force of Lincoln Membership Application 2023

\$50 per person

Covers Friendship Force International (\$30) and Friendship Force of Lincoln (\$20) 2023 dues

As of early October 2022, FFI announced that are delaying their dues increase from \$25 to \$30 for one year. Since many people had already paid their 2023 dues, the board decided by acclimation that we would keep our 2022 dues at the announced \$50 with \$25 going to FFI and \$25 staying with FFL.

Date _____ New Member ___ Renewing member ___

Name _____

Address _____

City _____ State _____ Zip _____

Home Number _____ Mobile Number _____

Birthday: Month _____ Day _____

Email: _____

New Members receive a complimentary name badge

Check your choice: I prefer Pin Closure ___ or Magnetic Closure ___

Name on the badge _____

If renewing members need a new name badge contact Membership Chair, De Tonack

Make check payable to: **Friendship Force of Lincoln**

Mail application to: Friendship Force of Lincoln,
PO Box 30334,
Lincoln, NE 68503

Dues for FFI and FFL Jan-Dec, 2024, are due by **December 31, 2023.**