



PASSPORT

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New Members Honored at Reception, Orientation

Friendship Force of Lincoln welcomed six of its 11 new members to the Club on Saturday, February 24. The other five are Christine Buchholz, Karen and Gary Heusel, Pat Novak (their biographies are included in this issue), and Marcia Wallen. Vickie McDonald and Larry Harnisch welcomed FFL members to their home for a brunch provided by FFL members who brought food, were escorts, and participated in the program.

FFL President Arlene Rea led the group with the Friendship Force Pledge and introduced the members. Each of the members received a New Member Orientation booklet.

Committee chairs shared the many different activities of Friendship Force of Lincoln. Marilyn Watson talked about Saturday Breakfast and Conversation on the second Saturday of the month. Arlene shared upcoming dates for Let's Eat Out, as arranged by Bruce and Carlene Keim. Maxine Moul talked about the outbound journey to Indonesia in June. Judy Keetle encouraged members to participate in the San Diego inbound journey in late September.

Julie Albrecht encouraged members to become involved with an Open World activity in November. Janet Walters shared the Diversity and Community Service Committee's activities with the Muslim community of Lincoln. Marilyn Watson encouraged everyone to visit with friends and relatives interested in becoming members. Julie Splichal encouraged us to join the social committee helping with various activities and Vicki McDonald shared activities on FaceBook. Arlene Rea shared the different items that can be viewed on the Friendshipforcelincoln.org website and my.friendshipforce.org website (members-only).

The new members at the event were (back row) Prudence Coccodrilli, Leslie Ryan, Midge Dublinske. Front row, Eloise Hiatt, DiAnna Schimek, and Susan Grieger.



From the FFL President April 2024

By Arlene Rea, President

Greetings!

The first three months seem to have gone by in a blur. There are so many things going on with Friendship Force of Lincoln. Fortunately, I have been able to participate in many activities in which FFL members are involved.

Elsewhere in the April Passport see the following articles:

Bylaws and Policies on page 11.

Diversity and Community Service Committee, (formerly Diversity and International Service) by Janet Walters and Phyllis Arth on pages 3-5.

New Member brunch on page 1.

New member interviews by Pat King and Phyllis Arth, pages 6, 7, 8 and 9.

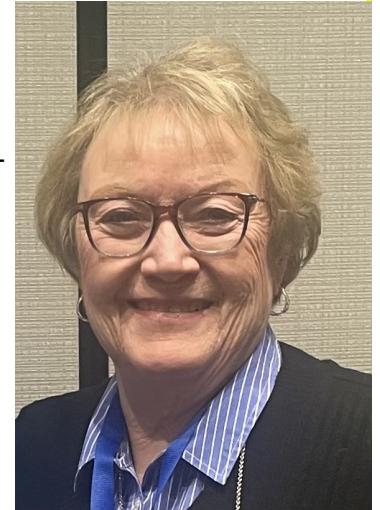
Day trips, inbound and outbound journey opportunities, pages 2, 5 and 10.

The FFL board members and I hope you can participate in some way in this wonderful organization. See Things to Know for April 2024 on page 10 for more information and opportunities.

It is such great fun to have the opportunity to work with vibrant members, who are striving to make the Friendship Force of Lincoln a great organization.

Don't forget to tell your relatives and friends about the Friendship Force of Lincoln. We would love to have them join us. If you belong to a club or organization and need a program, contact me and I will arrange for a member of the speakers' bureau to give a presentation.

**In friendship,
Arlene**



Arlene Rea

New Opportunity for a Journey to Java, June 2025

By Maxine Moul, Journey Coordinator

The planned Journey for Friendship Force of Lincoln to Yogyakarta and Bogor, Indonesia has been postponed to June, 2025. Several conflicts developed for our Ambassadors from Lincoln and Milwaukee, and our Java hosts and Friendship Force International agreed to the one-year postponement.

Several Lincoln members have already indicated an interest in participating in 2025, as well as members of other clubs. Our hosts have put together great potential itineraries, and I am looking forward to experiencing those.

Please let me know if you are interested in this 2025 Journey by emailing me at mmoul1@allophone.com

Diversity Committee Focuses on Muslim Community

By Janet Walters, Diversity and Community Service Committee Co-Chair

The goal of Friendship Force of Lincoln's Diversity and Community Service Committee is to support Friendship Force International's mission to provide unique experiences to connect in ways that transcend boundaries that separate people. To prepare to travel nationally and internationally and to host guests in our homes, we cannot think of a better way to learn about other cultures than to really get to know our neighbors in the Lincoln community. The Committee's specific focus for 2024 is to become better acquainted with some of our Muslim neighbors in Lincoln. We will be introducing information and opportunities to learn more about our Muslim neighbors as the year progresses.

In years to come we hope to learn about additional cultures by spending time in conversation and sharing food and cultural experiences. The more we learn and grow, the more prepared we will be to be effective ambassadors and hosts within the Friendship Force organization. It is our hope that some of our new friends will choose to join Friendship Force of Lincoln and further enrich our group through their membership.

Here are some guidelines for visiting Muslim homes, hosting Muslim guests, and visiting a mosque that were learned after visiting with a member of the Muslim community.

About hosting Muslim guests:

Be aware of prayer times (see Page 4) and, if possible, schedule around them.

Be aware of Ramadan dates as they change each year (see Page 4). Know guests will remove their shoes.

Know that not everyone will adhere strictly to arrival times so plan a buffer time of about one-half hour for appetizers or conversation prior to sitting down to the meal.

In greeting, nod or shake hands with men. Do not hug or embrace men. Women can greet women as their comfort level and relationship defines.

Guests may be unaccustomed to animals (especially large dogs) in the house. Dog saliva is considered impure.

(Continued on Page 4)



Friendship Diversity committee members toured Al Mustafa Market, which offers halal meat.

Diversity and Community Service Committee (continued from page 3)

About serving food to Muslim guests:

Do not serve pork as eating pork or anything made with pork products is haram (unlawful and forbidden in the Quran/Qur'an/Koran).

All other meat served must be halal (lawful or permitted) and slaughtered per the methods prescribed under Islamic law in order for guests to be comfortable eating it. Make sure meats are cooked well done (no pink). (See page 5 for an opportunity to visit a halal grocery store, plus Costco has a halal meat section in the freezers).

Vegetarian fare is fine.

Do not serve alcohol. Muslims do not drink alcohol, in general.

About visiting in a Muslim home:

Remove shoes at the door.

Do not take alcohol as a gift. Flowers, chocolates, nuts, and candies are appropriate.

In greeting, nod or shake hands with men. Do not hug or embrace men.

Women can greet women as their comfort level and relationship defines.

Know about Ramadan. Be aware that fasting from food and beverages, including water, is from sunup to sun down during the holy month of Ramadan (in 2024, Ramadan is from March 10th – April 9th). Ramadan fasting does not apply to the young, elderly, ill, nursing mothers, or women menstruating. There are expectations of giving to those in need and the poor during Ramadan.

Learn about the Muslim and visitor protocols while visiting a mosque in Lincoln. Be aware that women don't have to go to the mosque to pray so you may see more men. Be aware that men and women do not sit next to each other in a mosque.

Non-Muslim guest expectations:

- Modest loose attire (pants/long skirts and long sleeves, no shorts or sleeveless shirts).
- Remove shoes at the door or at the identified place. Women may not be required to cover their hair, but still take a scarf.
- Silence cell phones and be quietly respectful.

Other important things to note:

Calls to prayer are five times a day:

- Before sun rises (about 6:25 a.m.)
- 12:00 noon
- 3:00 p.m. (changes with the season)
- Sun set (about 5:00 p.m.)
- Evening (about 6:30 or 7:00 p.m.)
- Friday at 12:00 noon is a very important prayer time so try not to schedule an invitation or visit at that time.

Muslim traditions:

- Wash before prayer
- Remove shoes at the door or at identified place
- Women cover hair
- Modest loose attire (pants/long skirts and long sleeves, no shorts or sleeveless shirts)
- Areas where men and women pray are separate

(Continued on Page 5)

Lincoln to host Incoming Journey from San Diego Sept. 30

By Judy Keetle, San Diego Journey Coordinator

There are 10-12 ambassadors from the Friendship Force Club of San Diego County coming to Lincoln this fall. Our committee is finalizing the schedule which includes a driving tour of the public art in Lincoln, a day trip to the Homestead National Monument in Beatrice, visiting a farm, touring the International Quilt Museum and the Larsen Tractor Museum on East Campus, and touring the Governor's Mansion and the State Capitol.

FFL members will be invited to various activities throughout the week and the Farewell Dinner on Friday, October 4. Save these dates. More detailed information will be coming to you closer to the date.

If you would like to help plan this journey, contact me at jkeetle2@gmail.com or 402-423-8618.



Birthdays are special days to celebrate you! The FFL Virtual Birthday Greetings Chair, JoEllen Polzien, will be sending you an ecard for your birthday and other holidays. Please let her know at jwpolz1@gmail.com if you do not want to receive these emails. Consider sending a birthday card or email to an FFL friend.

				Susan Pierce	June 2
Pru Coccodrilli	April 23	Laurie Ann Scott	May 10	Susan Grieger	June 7
John Comer	April 27	Wendy Horacek	May 17	Lee Rockwell	June 7
Jacque Scholz	May 5	Linda Kistler	May 18	Leslie Ryan	June 24
Bridget Disney	May 9	Vickie McDonald	May 26	Dorina Mahler	June 30

Diversity and Community Service Committee (continued from page 4)

Recently, some Committee members toured a local grocery store that sells halal meats and many other items to use to make a delicious meal. These Committee members are now prepared to meet with any FFL members who would like to see the store, meet the owner, and become acquainted with this valuable shopping resource in Lincoln.

To talk to someone about joining us for a tour of a local grocery store that sells halal meats, call one of these members:

Janet Walters (Diversity/Community Service Committee): 402-202-4055

Phyllis Arth (Diversity/Community Service Committee): 402-417-9810

New Member Christine Buchholz Has Chinese Foster Daughter

By Pat King

Christine Buchholz is a new member of the Friendship Force of Lincoln. Originally from Portland, Oregon, Christine has lived in Lincoln for 45 years. She attended the University of Washington, then transferred to the Music Conservatory in Princeton, New Jersey. She is a retired organist and current piano teacher. She is also active in Abendmusik at First Plymouth Church.

A recent widow, Christine has no children; however, she has been fostering a nine-year old exchange student from Nanjing, China. She met the family when she taught piano to the child's older sister 10 years ago. She will accompany the girl back to China this summer and plans to spend several months there.

Christine has visited Asia and Europe and is looking forward to serving on Friendship Force committees.

Besides her music, Christine enjoys needlework as a hobby. Christine regrets she unable to attend Friendship Force events on weekends because she teaches piano lessons at that time.

Welcome, Christine!

Sign up for special birthday greetings from FFL

By JoEllen Polzien

¡Feliz cumpleaños! Joyeux anniversaire! Eid milad saeid! Gelukkige verjaarsdag! Hau‘oli Lā Hānau! Janmadin kee şhubhakaamanaen! Všechno nejlepší k narozeninám! Buon compleanno! Otanjōbiomedetō! Šťastné narodeniny! Alles Gute zum Geburtstag! Happy Birthday!

No matter how old we are or how we say it, we all enjoy being remembered on our birthday! Our FFL club wants to honor each of our members with electronic greeting cards complete with artwork and music on their birthday and major holidays by sending you a Jacquie Lawson electronic greeting to your email address. Jacquie's company and website are secure and the addresses and birthdates are stored ONLY in FFL board member JoEllen Polzien's account and only for as long as JoEllen pays for her account.

If you would like to participate, please send your name, birth day and month (not year) directly to JoEllen at jwpolz1@gmail.com JoEllen will send you greeting cards in 2024.

P.S. How many languages can you identify in the greetings above? There are no duplicates!

Pat Novak Returns to FFL Membership

By Pat King



A big welcome to FFL's returning member, Pat Novak. Not only has Pat rejoined our club, but she has joined our board as the new Journey Resource Coordinator. Pat will assist with incoming, domestic, and international journeys.

Pat originally joined FFL in 2005. She became the Exchange Director (now Journey Coordinator) for an international exchange to Iringa, Tanzania in 2006. Before that, she had visited Ghana five times and had a special interest in Africa.

Pat left FFL in 2008 when she joined the Peace Corps. She spent two years in Kenya assisting with small enterprise development. Pat has also been involved in domestic journeys to Southwest Florida; Charlotte, NC; and Missoula, MT. She recently returned from a Friendship Force International Journey to Cuba along with Jeremi Snook, CEO and President of FFI. She found the experience very interesting, so don't hesitate to ask her about it.

A native of Lincoln, Pat is a graduate of the University of Nebraska and has master's degrees in Education and Accounting. She taught Physical Education in Millard but switched to accounting when she returned to Lincoln.

She has a daughter living in Vermont and another in Washington State. Her son is in Denver so she has plenty of fun places to visit when not traveling with Friendship Force.

Note: Pat's phone number in the Directory is incorrect. Please change yours to 402-613-6269.

You Are Invited to UNITE Pow Wow on Saturday, April 20

By Judy Keetle, Past President

The University of Nebraska Inter-Tribal Exchange (UNITE) invites the general public to their "Annual Honoring of the Graduates Powwow" on April 20, 2024, at 1400 R Street, in the Student Union's Green Space. Seating is not provided, so it is recommended that you bring a chair.

This event is FREE. The Grand Entry is at 1 pm. Craft and food vendors will be available. Dancing Contests and Hand Drum Contests are part of the powwow. By attending, you will be able to experience some Native American traditions and have a chance to honor the graduates. I plan to take my folding chair and stake out a spot around 12:45 on the UNL Student Union Green Space. Please join me for a fun afternoon.

Mark your calendars. I am planning an FFL day trip to the Winnebago Powwow in Winnebago, NE on Thursday, July 25. Watch for more details closer to the date.

Welcome New Members Gary and Karen Heusel

By Phyllis Arth

Q: Which is more important – the Journey or the Destination? A: The companion.

Gary and Karen Heusel (pronounced hi-zil, with a long i) have been travel companions for 48 years of marriage, starting with their honeymoon in Hawaii. They met working for Cooperative Extension in rural Illinois counties. Their jobs involved establishing and improving 4-H clubs but also included making international travel opportunities available to high school and college students and finding host families for 4-H international exchanges from other countries.

Because of the 4-H program, this couple has lived in six states. And because of work assignments, they have traveled to all 50 states and many other countries. They moved to Nebraska in 1996 when Gary became the State 4-H Leader for Nebraska. Nebraska has a very strong 4-H program which includes the 4-H International Youth Exchange. Nebraska's 4-H International Alumni organization continues to enable 4-H members to go to another country for stays ranging in length from six weeks to an entire school year. Gary has been involved in establishing 4-H in Armenia, Bangladesh, Brazil and Costa Rico.

He worked with the state of Georgia to set up an exchange with Hohenheim University in Stuttgart, Germany. It was on a trip to visit Hohenheim that Gary and Karen visited Kirchentellinsfurt where Gary's great-grandparents were born. They walked into a local pub and asked if they knew any Heusels and the patrons responded, "which ones?" While there are only about 100 Heusel families in the U.S., there are more than that in one German community.

Gary, with Karen's support, has worked with several organizations that are similar to Friendship Force, which brings together people from different countries to learn and be friends. Ask him about The Congressional Office for International Leadership, the Lincoln Council of International Visitors (from 2014 until 2023), Lincoln has hosted more than 300 visitors from dozens of countries) and Partners of the Americas. Gary has served on the Partners' international board.

The Heusels lived in Hawaii for five years. Karen was the Program Evaluator at the Center on the Family at the University of Hawaii. She worked with a grant to decrease underage drinking. Gary accepted the position as State 4-H Leader after the University of Hawaii had gone through two failed searches for someone to take that job. He worked for five years trying to rebuild a program that had been neglected for more than a decade, before recruiting his replacement.

They have hosted travelers from more than 75 countries. That began when they lived in rural Illinois where both Gary and Karen worked with county 4-H programs for the University of Illinois Cooperative Extension Service. Their first experience with hosting was for the International 4-H Youth Exchange program. The international students did not look or talk like the locals. The skin-deep differences became attractions and getting to know people different than themselves was good for all.



Retired Teacher Eloise Hiatt is a New Friendship Force Member

By Phyllis Arth

Eloise Hiatt (pronounced hi-at) knows a lot about several unique subjects. FFL members will find lots to visit as you cross paths at events (but probably not at Breakfast and Conversation, as Eloise spends most Saturday mornings catching up on sleep).

Eloise retired from 37 years of teaching with the Lincoln Public School system, just before the main office burned down. She taught in the Special Education Department, with expertise in Assistive Technology. Eloise drove to several school buildings each day, carrying equipment and communication systems to the children to meet their learning needs. This included low-tech options, computers and AAC equipment – as Stephen Hawking used. A fun sidelight of studying speech is that Eloise can speak English with fun regional accents and mimic famous voices.

For many years Eloise was on the board of Sanitary Improvement District #5, serving Cheney, NE. She knows a lot about lagoons, a bit different and a lot larger than a septic system that serves one household. The pipes must be inspected and be free of tree roots and debris, joints must be maintained, and customers have rules about what is and is not to be flushed. The Cheney sewer system is being paid for through a bond issue. Have you heard talk about Cheney being annexed into Lincoln? Check with Eloise, she will explain a few reasons why that won't happen before the bond is paid.

Eloise also served several years on the Board of the Lincoln Public School Employees Federal Credit Union. She knows about savings and interest and checking and investing, and the value of great customer service. Eloise was elected to the Cheney School Board and served seven years. She was on the Morrill Hall Museum Board the year Archie went up. Eloise has earned her Master Gardener certificate. She particularly loves cottonwood trees.

Eloise and her adult children own and operate A Economy Self Storage, located in southwest Lincoln. She knows about contracts and padlocks, security lighting and cameras, flood plains and the removal of unclaimed items. And she has organized 58 keys so she can find the necessary one.

Eloise sings soprano. If you are traveling by car, the trip is highly improved with Eloise singing show tunes and traditional gospel songs. She is an usher at the Lied Center and especially enjoys musical productions. During COVID she began guitar lessons and continues with self-instruction. She knits scarves. At First Plymouth Church she is part of a group that knits baby blankets and prayer shawls. Eloise has a sign in her home that says, "I like everything old - old manners – old books – old times – old friends." She is a Junk Jaunter and worked 10 years for Those Girls Tag Sales. She continues to bid on paintings, favoring flowers and Bev Doolittle's art.

Eloise was previously in FFL and toured France in 2016 under Laurie-Ann Scott's leadership. Eloise loved Monet's Garden. It was her travel priority and the highlight of her trip.

In FFL, Eloise is looking forward to interacting with FFL members and hosting Ambassadors. She desires to travel to Ireland, Australia and New Zealand. Her family has hosted students from Australia and South Korea while they attended East High. Her "local" travel goals include visiting all the U.S. National Parks. Eloise started this venture by camping in multiple national parks with her family. She is well on her way, with 21 of 63 visited, some more than once. She has also enjoyed National Historic Sites/Monuments/Seashores and Recreation Areas.



FFL Things to Know — April 2024

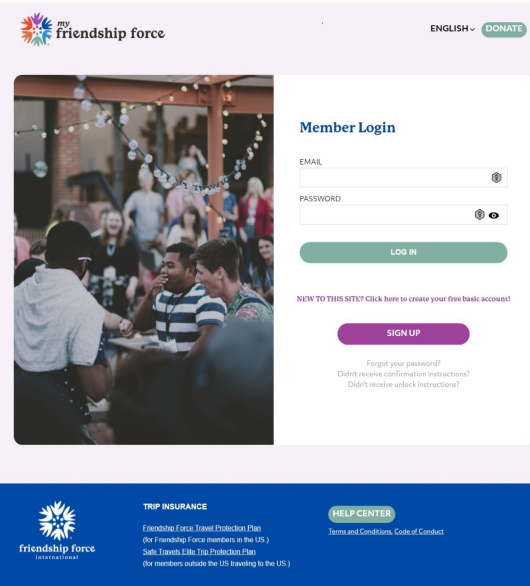
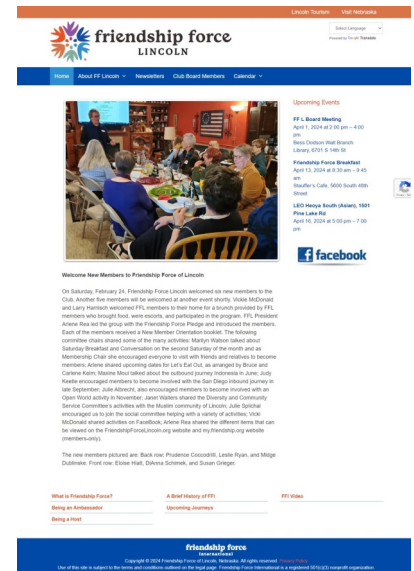
Courtesy: When an FFL member achieves something noteworthy, is ill, experiences the death of a loved one, etc., let Gayle Bayer, FFL Courtesy Chair know so she can send a card. Find her contact information in the 2024 Membership Directory.

Day Trips: If you have ideas for a day trip where members of Friendship Force of Lincoln can learn and enjoy the company of those with like interests, please contact Judy Keetle. Find her contact information in the 2024 Membership Directory.

Friendship Force International – Individual Journeys: FFI has started a new program. Individuals can contact FF members who have volunteered to host individuals or families visiting their town. A list of interested FF members willing to host is kept by FFI. This is an effort to meet the needs of FF members who are unable to participate in scheduled club-to-club journeys. The host and the traveler(s) decide how the journey will be structured.

Friendship Force Lincoln’s website: www.friendshipforcelincoln.org It has been updated by Arlene Rea, Midge Dublinske, Pat King, and Jim Ecklund. The previous updates, except for the calendar, were before COVID. You will find the listing of the members of the Board of Directors, important upcoming dates, the ambassador application form, the FFL membership form, a listing of clubs in Friendship Force International, and much more.

Member-only Website: If you have not been receiving notices of journeys, book clubs, pen pals, etc. from Friendship Force International (FFI), you may not have logged on to the members-only website. Go to my.friendshipforce.org. Enter your name and e-mail address. Then click on SIGN-UP. Follow the steps.



Membership: If you know of someone who might be interested in learning more about Friendship Force, send their contact information to Marilyn Watson, Membership Chair. Find her contact information in the 2024 Membership Directory. The Membership Form can be accessed on friendshipforcelincoln.org under FFL Lincoln, Club Resources.

Speakers Bureau: If you know of a group that would like a short program about Friendship Force let Arlene Rea know. Also, let her know if you would be available to give programs to community groups. Find her contact information in the 2024 Membership Directory.

Calendar April to June 2024

April

- **1-April** FFL Board Meeting, 2 p.m. Walt Library, 6701 S. 14th
- **6-April** LEO, Heoya South (Asian), 5:00 p.m., 1501 Pine Lake Road
- **8-April** San Diego In-Bound Journey Planning, 1 p.m. Judy Keetle's Home
- **11-April** Journey Resource and Coordinators Meeting, 10 a.m. Arlene Rea's Home
- **13-April** Breakfast and Conversation, 8:30 a.m. at Stauffer's Café, 5600 S. 48th

May

- **5-May** Czech Festival, Pla-Mor Ballroom, 10 a.m. to 4 p.m., <https://www.lincolnczechs.org/festival>
- **6-May** FFL Board Meeting, 2 p.m. at Walt Library, 6701 S. 14th
- **10-May** Articles for June Passport due
- **11-May** Breakfast and Conversation, 8:30 a.m. at Stauffer's Café, 5600 S. 48th

June

- **3 - June** FFL Board Meeting, 2 p.m. at Walt Library, 6701 S. 14th St
- **8-June** Breakfast and Conversation, 8:30 a.m. at Stauffer's Café, 5600 S. 48th
- **24-June** LEO, Shogun (Japanese), 5:00 p.m., 3700 S. 9th

Bylaws and Policies Being Updated

An ad hoc Bylaws and Policies Committee, headed by Vice President Midge Dublinske, has met numerous times to review the bylaws and policies. They were last reviewed in 2018. The Committee will recommend several new changes to the bylaws, which will be voted on at the Annual Meeting in September.

By Bruce and Carlene Keim

The first Let's Eat Out for 2024 was held at Mazatlan Mexican Restaurant on Saturday, March 23rd. Fifteen Friendship Force members attended the noon luncheon. Alex, our waiter, explained there are five Morales Family Mexican restaurants in Lincoln. He did an excellent job of waiting on our group and explaining the menu items. We spent time going around the table, introducing ourselves and talking about the towns we grew up in.

The next LEO will be Tuesday, April 16th at Heoya Korean Restaurant, located at 1501 Pine Lake Road. It will be at 5:00 p.m. Hope to see you then.

**Friendship Force Lincoln members
enjoy Mexican food at Mazatlan.**



The Friendship Force of Lincoln Membership Application

\$50 per person

Date _____ New Member ____ Renewing member ____

Name _____

Address _____

City _____ State _____ Zip _____

Home Number _____ Mobile Number _____

Birthday: Month _____ Day _____

Email: _____

Friendship Force of Lincoln may use my photograph in brochures, media articles, website, Facebook, etc. to promote the Friendship Force organization. Check one. Yes ____ No ____

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 Marilyn Watson at 402-423-9152, 402-730-3340 or mkwats@windstream.net

Ways I can help: (check as many as you like)

- Activities Committee
- Computer/Internet Skills
- Future Officer
- Inbound Day Host Inbound Dinner Host
- Nominating Committee
- Speakers Bureau
- Club supporter
- Feature article writer for Passport or Neighborhood Extra
- COIL (Open World) Committee
- Diversity/International Service Committee
- Future Board Member Inbound Home Host
- Journey Coordinator
- Passport Newsletter formatting
- Social Committee
- Other

Make check payable to: Friendship Force of Lincoln

Send to: Friendship Force, PO Box 30334, Lincoln, NE 68503